

Opponents of KKK rally are staying low-key.

See News, Page 3A

Celebrate friendship with light-hearted brunch.

See Food, Page 1C

Today's Food

Waukegan stops the Warrior wrestling team at the state tournament.

See Sports, Page 1D

# Granite City Journal

SUBURBAN JOURNALS - #1 IN WEEKDAY READERSHIP WITH OVER 1.4 MILLION READERS

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VOLUME 18, NUMBER 17

WEDNESDAY, MARCH 2, 1994

THIRTY-FIVE CENTS



(Staff photo by PAM DOEPKE-HURD)

Construction workers work on freshly poured concrete on the new bathhouse for the new Wilson Park Pool.

## New pool readied Opening now scheduled for June 30

By Mike Myers  
Staff writer

Bad weather has hampered construction of the new swimming pool at Wilson Park, but residents are unlikely to face a third summer without a pool.

"We just got a revised schedule from contractor Harvey Wolf (of L. Wolf Construction of Granite City)," said Dave Polivick, director of parks and recreation for the Granite City Park District.

"Originally, the pool was scheduled to open June 15, but now the date has been moved to June 30."

Polivick said the contractor told him Monday morning that the firm was scheduled to start pouring concrete this week. "So we are keeping our fingers crossed that the weather will cooperate and the June 30 date will remain firm."

The district decided not to open the old swimming pool in the park for the 1992 summer season when a pre-season inspection found the 53-year-old pool to be unsafe.

In November of that year, voters — by a 34-vote margin — approved a \$1.6 million bond issue for construction of a new swimming pool.

Admission prices for the new pool have not yet been established, Polivick said, but he said the park board is expected to make a decision in the near future.

In the past, the board has discussed a stiff increase in admission prices for non-residents of the park district while leaving the price for residents at \$1 for children and \$1.50 for adults. "I have been collecting information on comparison prices at other area pools," Polivick said. "I would expect the board to make a final decision very soon."

(See POOL, Page 2A)

## Replanted park trees are thriving

More than two dozen trees had to be removed in order to build the new swimming pool at Wilson Park.

It wasn't an undertaking the Granite City Park District took lightly.

"We transplanted 10 ginkgo trees and 10 Bradford pear trees to other areas in the park," said Dave Polivick, director of parks and recreation. "They all survived and are doing well."

That left eight other trees that had to be cut down. "I wanted to make sure that, number one, the trees didn't end up in a landfill and, number two,"

(See TREES, Page 2A)

## Girl dies in crash; 2 others hospitalized

A 17-year-old Granite City High School girl died and two area teenagers were seriously injured in a traffic accident Friday night on the Missouri side of the Chain of Rocks Bridge.

Robin Lynn Graham, of the 2100 block of Cleveland Boulevard, a senior at Granite City High School, was pronounced dead at the scene of the accident, which occurred at 8:41 p.m. Friday in a westbound lane of Interstate 270 near the River-view Boulevard exit.

Rebecca Sansoucie, 18, a Granite City High School graduate, was taken to Christian Hospital Northeast, St. Louis County, where she was listed in serious but stable condition Monday afternoon in the Intensive Care Unit. A hospital spokesman said Sansoucie sustained internal injuries but was making progress in her recovery.

Greg Argent, 18, a Pontoon Beach resident and graduate of Metro East Lutheran High School in Edwardsville, was

'She was well-liked and just a sweet little girl. She was always smiling. She was a real treat and a real pleasure She will be missed.'

— Al Kennerly  
GCHS administrator

listed in satisfactory condition Monday afternoon at Barnes Hospital, St. Louis.

The car containing Graham, Sansoucie and Argent was reportedly stopped in a westbound lane when it was struck from behind by another vehicle. The other vehicle was driven by Patrick Brennan, 22, of Spanish Lake, Mo.

Miss Graham was a member of the Flag and Rifle Squad at Granite City High School and was an office worker for Assistant Principal Al Kennerly. Kennerly said that Graham had missed some school recently due to a number of illnesses, but

that he will remember her ready smile and eagerness to perform whatever task she was assigned. "When you see a student every day and get to know them — always kidding and joking — it hits you kind of hard."

"She was well-liked and just a sweet little girl. She was always smiling. She was a real treat and a real pleasure," Kennerly said. "She will be missed."

Graham was employed at Fashion Gal in Granite City. Her obituary appears on page 12A of this issue.

## Despite identification, mother says son alive

By Mike Myers  
Staff writer

Brenda Dixon is convinced that a body found in 1988 is not that of her son.

Based on a thumbprint, St. Louis authorities last week identified a "John Doe" body recovered from the Mississippi River in June 1988 as Michael Dixon Jr. of Granite City. The boy was reported missing that month and the case remained open until last week. He was 16 at the time of the disappearance.

Brenda Dixon said the many inconsistencies between the physical description of the body in the medical examiner's report and the physical description of her son make it impossible for her to believe it is a correct identification.

Brenda Dixon said the examiner's report lists the badly decomposed body as a male in his 30s with brown hair, about 5-foot-7 inches tall, weighing about 200 pounds and with no identifying

marks or scars.



Dixon

The boy's father, Michael Dixon Sr., however, said he is satisfied the identification is correct. He disputes Brenda Dixon's interpretation of the examiner's report. The Dixons are divorced.

"It's impossible to say something like this is ever 100 percent, but how can you be any more positive than a fingerprint?" asked Michael Dixon Sr. "It's sad his mother won't accept it."

Brenda Dixon said she believes Michael Dixon Jr. is still alive and she said she saw

(See MOTHER, Page 12A)

## Madison delays trash bill penalties

By Mike Myers  
Staff writer

City trash bills for Madison were due Tuesday, but residents who missed the due date will go penalty-free until the end of the month.

The city's first-ever trash bills — \$36 for September through December 1993 — were sent out Feb. 12 to about 2,300 residences. On Monday, the city reported that about 800 bills had been paid.

Because the billing was so late, the city will not assess late penalties for the initial billing.

The next billing, for January through March, will be sent out at the end of this month.

The new bills will carry a due date of 20 days from receipt. After that, a penalty

(See BILLS, Page 12A)

## Nominees for WOA sought

Nominations currently are being accepted for the 39th Women of Achievement Awards, co-sponsored by the *Suburban Journals* and KMOX-AM (1230) Radio.

Ten awards are given annually to "women who have made a commitment to serve the communities in the St. Louis area and whose efforts have improved the quality of life for those around them."

A committee of community leaders and former Women of Achievement winners will

(See WOMEN, Page 2A)

## Becker heads Steelworkers

By Bob Slate  
Staff writer

A 65-year-old Granite City man has become the highest-ranking steelworker in North America. George F. Becker was sworn in Tuesday as the sixth international president of the United Steelworkers of America at ceremonies in Pittsburgh.

Born in Madison in 1928, Becker grew up across the street from Granite City Steel, where he went to work with a labor gang at the mill in the summer of 1944.

Becker steadily rose through the ranks and eight years ago became the union's international vice president for administration.

While serving in that capacity, Becker chaired the USWA's Aluminum Industry Conference;

led the union's collective bargaining in the aluminum industry; headed the USWA's organizing program; and chaired the union's Task Force on Organizing and its Task Force on Environment.

In January 1993, Becker was nominated by the USWA executive board to succeed retiring International President Lynn R.

Becker faced no opposition in the union's referendum election in November. The USWA Constitution provides that if a candidate is nominated by a sufficient number of local unions and has no opposition, the candidate is declared automatically elected.

After graduating from Granite City High School in 1946, Becker entered the United States Marine

(See BECKER, Page 2A)



George F. Becker

## Shop 'n Save in redesigned section

The Suburban Journals this week welcome the increased presence of Shop 'n Save supermarkets to the newly redesigned food section.

(See FOOD, Page 12A)

## In the Journal

### Index

Calendar.....	11A
Classified.....	5D
Entertainment.....	12B
Family.....	9B
Food.....	12A
Obituaries.....	12A
Police.....	2A
Sports.....	1D

### Deaths

Nola Beckman  
Derek Blackburn  
A.B. Glvens  
Robin Graham  
Gary Hoffmann  
Arnold Krampa  
Raymond McCrary  
Lawrence Oberdieck  
Dena Price  
Kevin Reedy  
John Testor

## Coming Thursday

People — Three countywide post and two local county board seats on primary ballot.

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**Shop 'n Save** in redesigned section

The Suburban Journals this week welcome the increased presence of Shop 'n Save supermarkets to the newly redesigned food section.

(See FOOD, Page 12A)

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## •Becker

(Continued from Page 1A)

Corps. He was discharged two years later as a corporal.

Besides working at Granite City Steel, Becker worked as a crane operator at the Castings Division of General Steel in Granite City and as an assembler at Fisher Body.

He joined the U.S. Army during the Korean War, serving from 1950 to 1952, when he was discharged as a first sergeant. He became active in USWA Local 4804 while working at Dow Chemical's aluminum rolling mill in Madison. While working as an inspector at Dow, he was elected treasurer of the local in 1955, later elected vice president and became president of the local in 1960.

Becker was appointed as a USWA staff representative in 1965. He moved to the union's Pittsburgh headquarters in 1975 as a staff technician in the Safety and Health Department.

While holding that post, he helped establish some of the national health standards adopted by the U.S. Occupational Safety and Health Administration (OSHA) for workers exposed to lead, arsenic and other toxic substances.

Becker became Williams' administrative assistant in 1977, when Williams was elected international secretary.

Williams became the fifth international president in 1983 following the death of USWA President Lloyd McBride, a former St. Louisan, and was re-elected in 1984, '85 and '89.

Prior to leaving Granite City, Becker participated in a number of civic activities including the United Fund and United Way campaigns and the Granite City Board of Fire and Police Commissioners.

Other USWA officials taking office yesterday included Gene Reay of Florissant, Mo., director of District 34 serving this area.

## •Trees

(Continued from Page 1A)

that they weren't chopped up into firewood and end up going up someone's chimney," Polivick said.

So Polivick said he began looking for a sawmill that would consider using the trees for lumber. Because it was such a small amount, he said, the search wasn't easy.

"But I found a lumber mill in Pocahontas that was interested and the trees were made into lumber for agricultural fences and for shipping crates."

But one of the trees — a catalpa or "fig tree" — met a much different fate.

"The catalpa was sent to a professional wood carver," Polivick said. "It is being carved into an eagle for the bow of a ship. The ship is set to leave St. Louis this spring and sail for the Bahamas."

Polivick said the district takes its trees very seriously and he said it is glad it found good uses for all the trees it had to remove.

"We also plan to plant replacements for those and many more trees in the district," he said.

## •Women —

(Continued from Page 1A)

choose the 1993 awarders.

Nomination forms must be used when submitting a woman's name for the Woman of Achievement honor.

A form may be obtained at any local Journal office, or by sending a self-addressed stamped envelope to Women of Achievement Committee, c/o Suburban Journals, P.O. Box 41274, St. Louis, 63141.

Nominations for the 1993 awards should be sent to the same address above and be received by March 28.

The nomination forms include a place for the nominee's full name, address and telephone number with information on her achievements, memberships, organizations, activities and major accomplishments.

The Women of Achievement awards banquet is set for May 18 at the Adam's Mark Hotel in downtown St. Louis.

## •Pool

(Continued from Page 1A)

Polivick said the amount of parking in front of the adjoining ice rink at the park has been increased and that pool patrons also will be able to use the open parking lot at nearby Niederrhein School.

"And we have also just negotiated an agreement with the (Granite City) school board for use of an additional fenced lot at the school during the summer months," Polivick said.

The new swimming pool will include a "kiddie" pool and a large pool. The smaller pool will feature a large slide in the shape of a frog and a raindrop spray for children to play under.

The large pool will also have a raindrop spray as well as a large corkscrew-shaped slide and a diving board. It will have "zero entry" — gentle sloping floor right up to the end of the pool so that no steps are required to enter the water.

"The zero entry will be a real advantage for senior citizens," Polivick said.

He said the park district is looking forward to the opening of the new pool.

"It's been a lot of work and we'll be glad to put this project behind us," Polivick said.

But right now everything is looking good and the community should be enjoying the pool this summer."

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## Committee warns of cults on campus

SPRINGFIELD — A Senate committee is urging state universities to sound an alarm on campus cults.

The Senate Education Committee held hearings in Springfield and Chicago last fall in which parents and students testified about cults or high-pressure religious groups recruiting on some campuses.

Committee Chairman Frank Watson said the inquiry was sparked by parents of students at Southern Illinois University at Carbondale, Northern Illinois University at DeKalb and the University of Illinois at Chicago.

Watson said there were no complaints involving Southern Illinois University at Edwardsville nor was he aware of any problems with cult activities there.

SUPE spokesman Sam Smith said as far as he knows the issue of cult activities has never come up on the Edwardsville campus.

Watson said the complaints brought before the committee primarily centered around recruitment and retention methods of the Unification Church, headed by the Rev. Sun Myung Moon of Korea, and the International Church of Christ, Boston Movement.

He said the committee had heard complaints that some students had been "coerced."

"The organizations made an effort to disassociate (members) from their family and their grades dropped," Watson said.

The committee concluded that the ability of state government to respond to cult activities is limited because of the constitutional protections of freedom of religion and speech.

However, it recommended colleges and universities provide information about cults to all freshmen and other new students and educate staff members to recognize when students are having difficulties as a result of cult activities.

Although Southern Illinois University at Edwardsville is on the verge of losing funding for its Rape and Sexual Abuse Center, that action is unlikely to occur before July.

A motion passed this month by the Illinois Coalition Against Sexual Assault raised the possibility that the agency would cut off the funds for the rest of this fiscal year, which ends June 30.

But Coalition Director Polly Poskin said she considers that unlikely even if officials at Southern Illinois University at Edwardsville do not meet requirements sought by the coalition.

"We anticipate they would continue to provide the services through June 30 and be reimbursed for them," Poskin said.

The coalition's governing body said last Friday that if SIUE were to be reimbursed for the rest of the fiscal year, it would have to notify the coalition of any complaint, document ongoing training and supervision, not disclose confidential information and not implement any change in service delivery policies or terminate ongoing clients.

In addition, the statement says Acting Director Marvin Peterson shall not interfere in any way nor be present at client counseling sessions.

The coalition statement also requires the university to cooperate in transferring the center to a "community-owned organization providing rape crisis services" by June 30.

A complaint from a six-year client and a volunteer advocate about rape center policy resulted in the coalition's decision. The complaint charged that Peterson and the university had moved away from a victim-center philosophy.

Both the client and volunteer objected to Peterson suggesting the six-year client seek additional psychiatric evaluation and help elsewhere.

"We also ask that colleges and universities respond to parental concerns and inquiries about cults and that they consider developing clearinghouses for complaints concerning registered student organizations," Watson said.

"When a parent or student lodges a complaint about a particular organization, the information should be made available so that others will be aware of potential problems," he added.

"We learned that many students and their parents were unaware of cults and unprepared to deal with their methods of persuasion. Young people away from home for the first time are particularly vulnerable, we found," Watson said.

However, Watson said that because of constitutional restrictions, universities could not specifically urge students not to become involved with any particular organization.

— From the Alton Telegraph

## Rape center funds cutoff date: July

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SIUE spokesman Sam Smith said university officials are still discussing their response and "nothing has been settled yet."

He could not say when talks would be completed.

The coalition board has said it will not consider future applications for funding if the center remains under SIUE control.

Robin Basham, the volunteer advocate who filed the grievance with the coalition, is president of the board of a new group called Victims First that is interested in providing services to sexual assault victims and others.

But Poskin said Victims First is unlikely to qualify because the coalition requires a track record before granting funds.

Basham said she volunteered many hours at the center over the past four years. She recently resigned from the center's advisory board over the disagreement with Peterson and other board members.

— From the Alton Telegraph

## Ex-attorney faces jury trial on drug rap

Former attorney Gerald Bassett, 41, will apparently represent himself in a jury trial scheduled March 21 on drug and traffic charges.

It will be the second time Bassett faces a trial for drug charges in less than a year.

The former Wood River attorney who has turned in his law license pleaded not guilty Tuesday to drug charges and six traffic violations, including a felony driving under the influence charge.

Bassett was named in a suppressed indictment Nov. 4 on charges of cocaine possession, Valium possession, possession of a hypodermic syringe and driving under the influence.

The charges stem from an accident and drunken driving arrest Oct. 15 in Alton. Bassett had allegedly consumed less than 15 grams of cocaine and 59.00 milligrams of Valium, which he blamed on faulty brakes.

In his earlier brush with drug law, Bassett was arrested in February 1993 and acquitted in Madison County Circuit Court last June on charges of unlawful possession of heroin and a hypodermic needle.

Bassett, who represented himself during the trial, told jurors he had used heroin and cocaine several hours before he was arrested, but he claimed the drugs and syringes found in his car belonged to friends who had borrowed his vehicle.

On Tuesday, Bassett pleaded not guilty to all the latest drug charges. He also pleaded not guilty to a felony charge of driving under the influence of a controlled substance, in addition to several misdemeanors.

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## KKK rally opponents are staying low-key

By Scott Wuerz  
Staff writer

Local groups are angry about the Knights of the Ku Klux Klan's proposed spring rally in downtown Edwardsville, but they would prefer to keep their responses low-key.

The national director of the KKK applied last month for a permit allowing the group to hold a rally in the courtyard between the Madison County Administration Building and the county courthouse May 6. The county state's attorney's office is currently studying the matter before recommending whether or not the county allow the rally to take place.

Winston Brown, vice president of the Edwardsville Chapter of the National Association for the Advancement of Colored People, said the best way to deal with the KKK and the planned rally is not to give them the attention they desire.

"I'm in favor of doing something to show opposition to (the Klan's) ideas, but I don't think anything should be done to help them stir up attention," Brown said. "I don't want to use the word 'ignore,' but getting into (a shouting match) with them will only help them get the attention they desire."

Student groups at Southern Illinois University at Edwardsville are also advocating a passive approach to dealing with the Klan.

Jasa Ryder, president of the College Democrats at SIUE, said the best message people who oppose the KKK can give is to not show up at the rally at all.

"The Klan's ideas are based on confrontation, and that is what they want the most," Ryder said. "The thing which

would have the biggest effect on them would be to empty the town and let them know (the people of Madison County) aren't interested in what they have to say."

"Hopefully, if they have a poor turnout they won't come back."

Despite the unpopularity of the rally, opposition groups admit it will be unlikely Madison County will have the grounds to deny the KKK's application. Instead of trying to stop the rally, the groups have decided to plan alternative events.

Brown said the NAACP considered the possibility of having a rally of its own.

"I think something should be done, but I don't think it should necessarily correspond to the (time and place of the Klan's rally)," Brown said. "Chances are it would not happen the same day, but I would like to see a racial harmony rally held in response."

"Hopefully, by the Klan coming here, people will realize this kind of hatred still exists, and they will awaken to the need for racial harmony in our community."

Assistant State's Attorney Michelle Berkel, who has been studying the case, said a decision on the application has not yet been made, but that the rally will probably end up taking place.

"I'm sure the rally will happen because everyone has a right to free speech," Berkel said. "It's not (the state's attorney's office's) decision on what the right views are."

"But, we have a responsibility to protect public property and make sure nothing that approximates a riot is allowed to happen. The rally will take place, but some restrictions will definitely be involved."

## Agency wins contract renewal

SPRINGFIELD — Specialized Services Inc. of Alton and Granite City has received a renewal of its contract to provide janitorial services at the Silver Lake Rest Area on Interstate 70 near Highland.

The \$143,100 one-year contract will put the agency to work cleaning the rest stop, director Tom Moehn said. The agency has been performing the work for three years.

The contract provides employment of eight workers on two shifts.

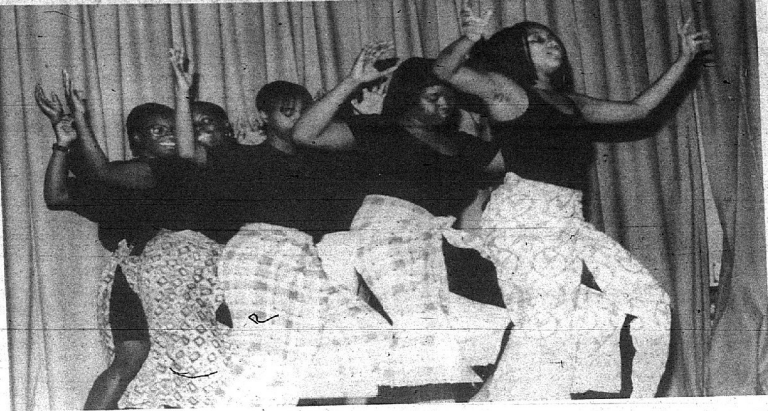
It is part of a program administered by the Illinois Department of Central Management Services providing training and

jobs for people with disabilities. Specialized Services also has contracts that employ clients in cleaning duties for the Illinois State Police and Illinois Environmental Protection Agency regional offices in Collinsville and the Department of Public Health regional office in Edwardsville.

The agency also provides food service workers at Alton Mental Health and Developmental Center.

Specialized Services also operates a work facility at Northgate Industrial Park.

— From the Alton Telegraph



(Staff photo by PAM DOEPKE-HURD)

**African dancing** — Students at Madison High School presented an African-American History program on Feb. 24 and 25. Along with recitation of Dr. Martin Luther King's "I have a dream" speech, there were songs, a play and dances. Losetta Young is shown leading an African dance.

## Erickson will address breakfast

John Erickson, assistant commissioner and director of basketball operations for the Big Eight conference since 1988, will be the keynote speaker for the annual Mayor's Prayer Breakfast sponsored by the Granite City Rotary Club.

The event, which last year drew more than 150 participants, will be held Tuesday, March 22, at St. Gregory's Hall.

Born and raised in Rockford, Ill., Erickson received a degree in political science and English from Beloit College in Wisconsin, where he was an outstanding athlete.

He has served as head basketball coach at the University of Wisconsin and executive vice president and general manager of one-time National Basketball Association champion Milwaukee Bucks.

In 1970, he was the endorsed Wisconsin Republican candidate for the United States Senate.

In 1972, Erickson was selected to be president of the Fellowship of Christian Athletes national ministry organization. He held that position until he relinquished it in 1988.

The recipient of numerous awards and honors, including membership in four Halls of Fame, Erickson sits on many civic, state and national boards and is a much sought-after speaker.

A veteran of the U.S. Army, Erickson makes his home in Overland Park, Kan., with his wife, Polly.

"Our event last year was so successful that we had to seek larger quarters for the 1994 Mayor's Prayer Breakfast," said Ray Morgan, chairman. "Mr. Erickson has excellent credentials and will be a tremendous asset to our program."

Tickets for the 7 a.m. breakfast are \$10 each and are available from any Rotarian.

## Couple who bought winning ticket here claim \$15 million

A St. Louis County couple traveled to Springfield to claim \$15 million as the sole winners of the Jan. 25 Illinois Lottery Loto drawing.

The winning ticket was sold in Granite City. Lee and Judith Semore of St. Louis County formed the "Judith partnership" and will use part of their prize to form a charitable trust that will assist various charities.

Because of the win, Lee, 59, will retire early from his job of 34 years as a construction and iron worker. Judith, 51, will continue working — for the time being — as a hairdresser.

Judith said she will use part of the money to travel — perhaps to Australia — or "wherever strikes our fancy." Lee will buy a new motor vehicle, probably a mini-van.

The winning ticket was purchased at The Party Shop, 5429 Maryville Road in Granite City.

The retailer will receive a \$150,000 bonus (equal to 1 percent of the grand prize) for selling the winning ticket.

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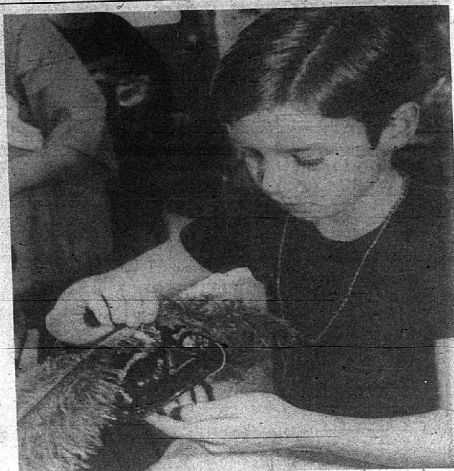


## NEWS



**Mardi Gras** — Students in Victoria Boyd's fifth grade class at Lake School made Mardi Gras masks on Mardi Gras' Fat Tuesday, Feb. 15. In top left photo, Jason Sampson sprinkles glitter onto his mask. In top right photo, Joseph Weinberger places a plastic jewel in the center of his mask. In bottom left photo, Amanda Atchley carefully puts glue on her mask. In bottom right photo, Brandy Dugan works on her mask.

(Staff photos by PAM DOEPKE-HURD)



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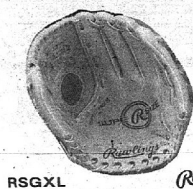
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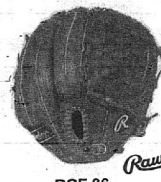


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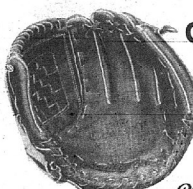


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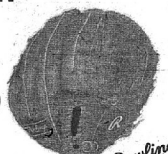


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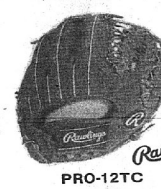


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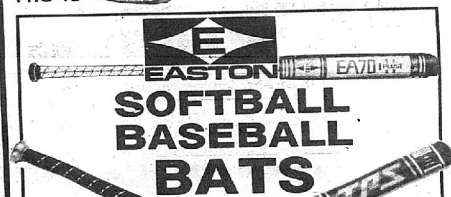


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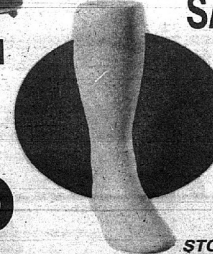
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# More citizen gripes

## Durbin hears concerns about health care, welfare

U.S. Rep. Jerry Costello heard a lot of citizen concerns about health care reform during his town hall meeting in Granite City earlier this month. Another area congressman, U.S. Rep. Richard Durbin, received similar comments during a meeting he held in Godfrey on the same day when about 50 people attended his town hall meeting at Godfrey Town Hall.

"I feel there are hidden agendas in the health care plan," Cheryl Maher of Moro said. "I heard on The 700 Club that money will be used to pay for and support abortions. I am totally against abortion."

"I also heard there will be a health care police system. If we do not go by the rules, they can confiscate our property, give us fines and throw us in prison. It sounds like Big Brother to me. How come we haven't heard these things on the national news?" Maher, 49, asked Durbin.

The Springfield Democrat said there are a lot of misconceptions about the Clinton health plan, including details about rules and restrictions. "You have not heard it because it is not true," Durbin told Maher. "We as Americans are skeptical about anything coming out of Washington. They are playing on the fears that Americans have that government will become too damn big and intrusive in our life."

Durbin asked residents to keep an open mind about Clinton's plan.

"I am very concerned that this will lead to a reduced quality of care," Dr. Edward Ragsdale told Durbin. "I have been to places with socialized health care. None of them compare. When their leaders are sick, they send them here. There will be \$15,000 fines if you go out of your area for care. We need reform but not the Clinton reform."

After the meeting, Ragsdale, who is the Madison County Republican Party chief, expressed his disappointment with Durbin's reaction. "He tried to shut me up as quick as possible," he said. "He makes his meetings a forum to make himself look good."

Others were also upset with the forum. "This was NRA bashing time for Durbin," 64-year-old Miles Brueckner of Godfrey said, referring to the National Rifle Association and a discussion about gun control and crime. "We did not get the opportunity to say everything we wanted to say," Brueckner, a board member of the Migratory Waterfowl Hunters Inc., told Durbin the crime problem "is not an inanimate object. It is not the gun but the finger that pulls the trigger."

Durbin also addressed welfare reform.

"We have to eliminate or reduce the incentive to have more children to increase welfare payments," he said. "Breaking the cycle of welfare involves spending more money. We have to try to get them to move into a more productive tax-paying life. That involves training, education and day

care."

Karen Pilger of Brighton told Durbin she was on welfare for six years. "I used it as a hand up, not a hand out," the 38-year-old said. "I went to Lewis and Clark Community College and am now working at Lewis and Clark Insurance Agency in Brighton. Women do not have more kids to get more money. I had three girls and got \$375 a month."

One woman told Durbin she did not want the government in "her face anymore."

Durbin responded with a reference to federal flood aid. "For those who want the government out of their life, I can take you 20 miles up the road and show you people who wouldn't be in their homes or businesses if the government was not involved."

— From the Alton Telegraph

## Tax workshop for business owners

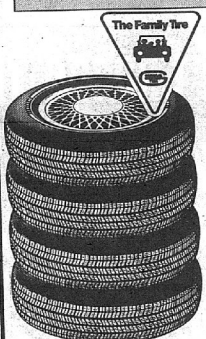
Business owners work hard to reach the American dream. Unfortunately, lack of knowledge about their tax responsibilities as employers could turn that dream into a nightmare. A one-day tax workshop sponsored by the Internal Revenue Service, Illinois Department of Revenue, Illinois Department of the Employment Security, Social Security Administration and the Small Business Development Center at Southern Illinois University at Edwardsville is designed to help business owners avoid tax reporting pitfalls.

The workshop will be held in Jerseyville on Tuesday, March 8, 1994 from 8 a.m. to 4:30 p.m. Representatives from federal and state agencies will discuss employment tax requirements and how to complete the necessary forms.

Advance registration is required. Reservations may be made by contacting Rick Russell at 692-2929.

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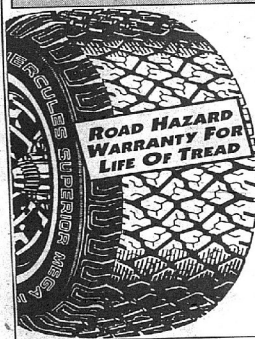
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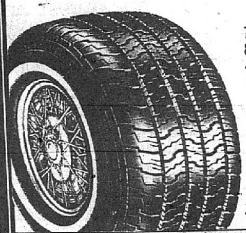
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P185/75R14	39.75
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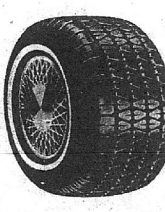
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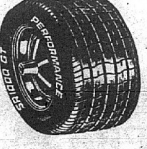
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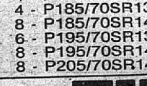
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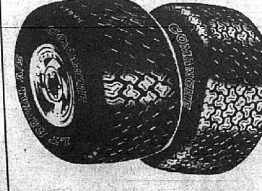
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## Child advocates weigh value of Edgar orphanage proposal

SPRINGFIELD — Child welfare groups are cautious about Gov. Jim Edgar's idea to house children in modern versions of orphanages to help solve an epidemic of abuse and neglect cases in Illinois.

Noting more than 4,000 children had been taken into custody by the Department of Children and Family Services in the past six months, Edgar recently proposed group homes to ease the department's huge caseload.

"Foster homes can't handle all the children coming into the system," he said. "We have to find other alternatives, and one of them is the possibility of using other live-in units, which some might call orphanages, but I think they're much different than what people think of from the past."

The modern-day equivalents could provide long-term specialized care for children without families to care for them.

Steven Roach, assistant administrator for the Catholic Children's Home in Alton, said he would support the proposal, depending on how group homes are defined.

"If the definition is to house 200 to 300 kids in beds lined row to row like something out of a Charles Dickens' classic, then, no, it's obviously not the most appropriate option," he said.

The Catholic Children's Home, which was established in 1875, provides specialized residential care for wards of the state. Roach said the facility serves

"We have to find other alternatives, and one of them is the possibility of using other live-in units, which some might call orphanages, but I think they're much different than what people think of from the past."

— Gov. Jim Edgar

about 140 children a year through short- and long-term care, special education classes and therapeutic and family services. The home has a capacity of 40 children in its residential programs.

Jura Scharf, associate director of the Catholic Conference of Illinois, which represents Catholic charities and social agencies across the state, said a better idea is to concentrate on expanding foster care.

The average cost of a child's foster care is about \$9,000 a year, compared with \$25,000 to \$30,000 for the type of residential care Edgar is proposing, she said.

"What we're talking about here is resources," she said. "And the most precious resource we have is foster parents. (Edgar's idea) is an alternative, but why don't we try to recruit more foster parents first."

Roach agreed that alternative care is needed. "There is definitely a need for these kids to be placed in the most family-like setting as possible," he said. "And until something is done about the (inadequate) foster care system, there are going to be problems."

Edgar said his administration hasn't determined where group housing might be located or whether it would be run by state institutions or nonprofit community groups.

Jerry Stermer, president of Voices for Illinois Children, a statewide child advocacy group, said many groups have called for expanding opportunities for children who need a temporary place to live.

The number of children placed in substitute care facilities in Illinois rose from 13,586 in 1985 to 31,480 in 1992, according to the group's report, Illinois Kids Count 1993.

"This is clearly a result of the rise in the poverty rate and joblessness in the state," he said. Stermer said group housing in Illinois offers quality homes to children. He added that law makers should be cautious.

— From The Alton Telegraph

## Birthing suites will be shown Sunday

"The newest arrivals at St. Elizabeth Medical Center are warm, quiet, personable and waiting for you," a spokesman said this week.

"Come visit SEMC's new birthing suites Sunday, March 6, at an open house, from 1 to 4 p.m., in the Women and Newborn Services area on the second floor of the Doctors' Wing."

"The four new birthing suites allow mothers to labor, deliver and recover in one unique setting."

"The state-of-the-art maternity care suites are designed to make birthing a more satisfying and memorable experience. Mother and baby remain in the same room during their entire stay, so they can share special family

moments in privacy.

"The suites feature a spacious home-like atmosphere, including a private bath, soft lighting, warm decor, a television/video cassette recorder, and a comfortable sleeper chair for Dad."

"For the parents' peace of mind, the assurances of modern medicine are close by for their attentive, friendly and skilled nursing staff."

The open house will feature:

- Guided tours;
- Informational and educational booths on pregnancy and childbirth;
- March of Dimes display;
- Door prizes;
- Refreshments; and
- Free T-shirts for the first

200 guests.

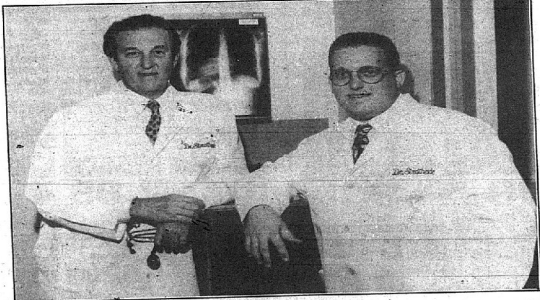
Also, there will be two special seminars during the open house.

At 2 p.m., in Pascal Hall, on the ground floor of the medical center, the presentation will be "Child Development — The Unfolding Miracle."

Dr. Kenneth Sonnenschein, board-certified child and adolescent psychiatrist, will discuss psychology and child development.

At 3 p.m., also in Pascal Hall, the presentation will be "Nutrition and the Newborn." A registered dietitian will discuss ways nutrition can affect a baby. Those who plan to attend the open house are asked to call SEMC's Education Resources Department at 798-3201 to register.

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Lite Ice joins the Miller ice-beer line, which includes ICEHOUSE, America's first domestic premium ice beer from Miller's Plank Road Brewery, and Molson Ice, a Canadian import.



Lite Ice is being distributed in Madison County by Vesel Inc., Granite City, Ill.  
1-618-797-0770



# \$1 billion investment eyed in schools

SPRINGFIELD — The State Board of Education is proposing to give school districts an additional \$1 billion for building projects.

The money would be earmarked for specific types of school construction during a 10-year period, such as renovating old buildings, constructing new facilities or consolidating old schools.

Brenda Holmes, executive assistant to the superintendent, said school construction needs in Illinois are estimated at \$1.4 billion.

She added that the board has not determined where those needs are.

The funding would be provided through the Capital Assistance Program, which began in the late 1970s and has doled out almost \$400 million for new school construction projects.

However, the program reached the limit of its bonding authority and could get no more money without the Legislature passing a bill, said John Dee, manager of school organization and facilities for the state board.

Downstate schools haven't received any state help through the program since 1980.

Rep. Jay Hoffman, D-Collinsville, a co-sponsor of the bill to

put \$1 billion into the Capital Assistance Program, said the funds are needed.

"If the school's walls are falling down around you, you can't really learn," he said. "The state has a responsibility to provide help so taxpayers don't take such hard hits in paying

local property taxes.

Some areas are continually outgrowing their school systems and some haven't been able to keep up with their repairs," Hoffman added.

Dee agreed the state has been unable to help districts with construction needs for several

years. "What the state has contributed has been slim and small," Dee said.

"There just hasn't been any money available."

— From the Alton Telegraph



(Staff photo by JOHN SWETAK JR.)

**Pet of the week** — "Sammy" is a 4-month-old female Dalmatian mix available for adoption from the Madison County Humane Society. She loves to play, has had her rabies shot and has been wormed. To adopt Sammy, (Card D-413) apply in person at the shelter, 8501 Illinois 143, Edwardsville, or call 656-4405. Shelter hours are 9:30 a.m. to 4 p.m. Monday through Friday, and from 9:30 a.m. to 11:15 p.m. Saturday.

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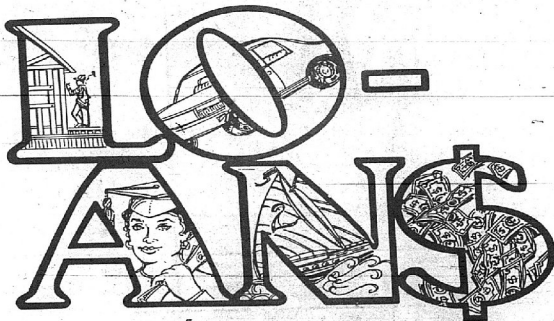
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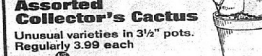
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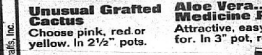
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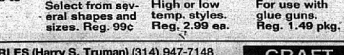
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# Podiatrist takes the Jeopardy challenge

The category: Physicians on staff at St. Elizabeth Medical Center.

The answer: Recently a contestant of the most popular game show on television.

The question: Who is Podiatrist Armand Kachigian, MD?

Yes, after one year of waiting, three extremely difficult tests, a personality interview, and a mock version of the game, Kachigian was selected to be on the Jeopardy show. "I've always done a lot of reading and love trivia," Kachigian said. "I guess I'm like a lot of people in that after you watch the show enough, you know you can win and you want to be on it. I have wanted to be on Jeopardy for a long time, even when I was at Granite City South High School and played a version of the game with my teachers."

Kachigian flew to Los Angeles last year for his first try to be a contestant.

"The first test was very difficult, but I passed it. I waited all year for them to call and when they didn't I was very discouraged. But I went back this season and took the test again and a short time later they called me."

So he made another trip to the show location for further tests. He had to pass another test, a personal interview and actually take part in a mock Jeopardy show.

"They are so professional that they want to make sure every contestant can react in time for the buzzers and want you to experience what the show is like when it is being taped," he said.

In November, Kachigian flew to Los Angeles again, but this time he knew he was going to be on the show.

"When I started getting questions, I wasn't nervous but my brain played tricks on me. And even after practicing with the buzzers it is very

"Everyone on the show was very nice. It is done very professionally. If I could do it again, I would. But people must realize there is a big difference from answering all the questions at home and being there."

— Armand Kachigian

difficult to ring in on time. There are two red lights on the side of the board which you cannot see on your television at home. After Alex (Treke) reads the question, the light goes on and only then will your buzzer work. My timing was off in the beginning.

"I was hitting the buzzer way before the red light and someone would always get theirs in before me. Although the show discourages those who take the Jeopardy challenge from revealing how they finish on the show before it is broadcast, I can say it was a very close game and very exciting. I am very proud of the job I did," he said.

The odds of being on the show are very slim. The test is 50 questions, you have ten seconds to answer them, and you must know the answer since it is not multiple choice.

"Out of 20,000 contestants who make it through the test, only 400 get to play. Less than ten percent pass the test, and when I took it, 12 out of 100 passed," he said.

Kachigian said this was an experience he will not forget.

"Everyone on the show was very nice. It is done very professionally. If I could do it again, I would. But people must realize there is a big difference from answering all the questions at home and being there."

"It is tougher when you are there. It goes really fast. When the answer is given, you must know the question immediately.

Your reflexes must react instantaneous or the other guy will get it first," he said.

The best part of the show for Kachigian was the competition.

"I used to wrestle and play sports in school and I loved to win. I went to Los Angeles to win."

He said he also enjoyed meeting Alex Trebek.

"Alex was a nice guy. I got to talk to him some. He is very professional and truly helps the show live up to its standards of being the best game show on TV. He even asked me for some advice about his feet."

Preparing for the Jeopardy

tests was a lot like studying for other exams, only it is very diversified.

"I prepared for the test basically the same way I did for my medical exams, but with Jeopardy, you need to know a little about a lot. Medicine is specialized. However, my experience in taking tests really helped me."

"When people watch the show at home, keep in mind the people who don't do well may just be nervous. There are many factors involved in being a contestant on the show, watch Jeopardy to get the address. Send a postcard to the show and they will send you details about scheduling you for a test."

"If you pass you have a chance. But this is still not a guarantee. Many people pass the test, four or five seasons and still don't get called. But once there, keep your cool; some questions you normally know become very difficult and without a cool head, you miss them," he said.

## Singles brunch set for March 6

The Single Professionals Association will sponsor a special singles brunch March 6 at Porter's Steak House in the Holiday Inn in Collinsville, Interstate 55/70 at Illinois 157. The regular brunch charge will apply, but all singles are welcome to attend.

A variety of newsletters and flyers for several singles groups will be available and a membership special rate of \$25 per year will be available at this activity. Call 398-6782 for more information about the brunch or to get a newsletter.

The Singles Professionals Association is a non-profit association of single adults that sponsors about 40 activities per month in the St. Louis area. The normal charge for membership is \$35 per year and includes a monthly newsletter.

Activities include volleyball, softball, picnics, lectures, river cruises, parties, social hours, brunches, discussion groups, arts, activities and much more.

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## Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty. Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 876-2000. This calendar runs in every Wednesday's Journal.

## Wednesday, March 2

**Pulmonary Support Group**, for persons with diagnosed lung condition, 11 a.m. to noon in 4-Docors Solarium, St. Elizabeth Medical Center, 798-3019.  
**Alcoholics Anonymous**, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.  
**Al-Anon**, 7:15 p.m., Gateway Foundation, 800 Lincoln, Caseyville, 692-8078.  
**Parents Anonymous Group**, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 462-2714.  
**Singles Connection**, Reception and introductory meeting held at 7 p.m. at the First Federal Savings and Loan, 300 St. Louis St., Edwardsville, Call Linda at 656-3364.  
**Stress Management Class**, 7 to 8 p.m. at Mental Health Services, 50 Northgate Industrial Drive, Granite City. For people who want to know what causes stress, how it affects their lives, and what they can do about it. For more information call 877-4420. Fees are based on a sliding income scale.  
**Madison Community Action Group**, meets at 7 p.m. For more information call Dan at 452-2336 or Phane at 876-1360.

## Thursday, March 3

**Metro East Model Railroad Club**, meets at 7 p.m. at 10th and Iowa, Madison. Visitors welcome. Membership is open. Call 877-7003 for more information.  
**Mount Zion Baptist Church**, 4 to 6 p.m. at 2827 Mockingbird Lane. "Meals from the heart," a free meal to those in need. Clothing available. Open to the public.  
**Chouteau Township Senior Citizens**, 9 a.m. to 2 p.m., Social Center, 906 Thorngate Drive, Mitchell.  
**Alcoholics Anonymous**, 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.  
**Alcoholics Anonymous**, 8 p.m., Presbyterian Church, Mitchell, 876-8467.  
**Alcoholics Anonymous**, 11 a.m., Unity Chapel, Stratford and Village lanes, Granite City, 876-8467.  
**Al-Anon**, 9:30 a.m., St. Elizabeth Church quilting room, 2300 Pontoon Road, 692-8078.  
**Al-Anon**, 8 p.m., Wellness Center, 2103 Iowa (babysitter available), 692-8078.  
**Narcotics Anonymous**, Seeking recovery, 8 p.m., 2016 Delmar.  
**Overeaters Anonymous**, 7:30 p.m. at First Christian Church, 2415 N. 89th St., Caseyville. For information, call 1 (314) 638-7821.  
**Granite City Community Band rehearsals**, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Nameoki Road, Granite City, 861-0443.  
**Singles Connection**, Discussion night held at 7 o'clock at Mary's house. Call Mary at 344-8225 for directions.

## Friday, March 4

**Greater Beneficial Union of Pittsburgh**, District 491, Granite City Council, meets at 8 p.m. at the Knights of Columbus Hall, 422 Old Alton Road, Granite City.

**James P. Reagan**, president, can be reached at 288-7396; and **Mary Solomon**, secretary, can be reached at 451-9201.  
**Alcoholics Anonymous**, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.  
**Church Women United**, World Day of Prayer, 6:30 p.m. at St. Peter Evangelical United Church of Christ, 21st Street and Cleveland Blvd., Granite City.  
**Singles Connection**, Dinner at 7:30 p.m. at Sam's Pizzeria, 110 Washington, Highland. Call Wally at 654-3178 for reservations.  
**STEMMS** (Support Together for Emotional and Mental Serenity and Sobriety), a support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 798-3894 for more information.

## Saturday, March 5

**Polish Pierogi Sale**, Sacred Heart of Jesus Church, 920 Reynolds, Madison, 9 a.m. to noon. Seven varieties of pierogi. Carry-overs only. The price is \$5 per dozen, cooked and ready to heat and eat. Also available are churros and rosquetes, \$3 per plate. Order ahead by calling 876-5860.  
**Alcoholics Anonymous**, 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.  
**Al-Anon Adult Children**, 10 a.m., Suburban Baptist Church, Maryville Road and St. Clair Avenue (babysitter available), 692-8078.  
**Narcotics Anonymous**, Acceptance, 8 p.m., 2016 Delmar.

**Rescue Mission**, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon. Samuel Turner is the chairman, Valonda Turner is the secretary and Alfred Turner is the pastor.

**Singles Connection**, Miniature golf held at Northwest Plaza. We will carpool at 6 p.m. from Drury Inn in Collinsville. Call Ben at 254-1656.

## Sunday, March 6

**Senior Social Club**, meets at the Township Hall, doors open at 12:30 p.m., bingo and games start at 2 p.m. Call 877-1215 for more details.

**Alcoholics Anonymous**, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

**Midwestern United States Imperial Dance Club** (MUSIC) will hold its regular dance meeting at 6 p.m. at the American Legion Hall in Collinsville. The public is invited for dance lessons and open dancing at a cost of \$4 for non-

members and \$2 for members. For more information, call 463-2405.

**Narcotics Anonymous**, Live the steps, 8 p.m., 2016 Delmar.  
**Singles Connection**, Brunch at 11:30 a.m. at Casa Gallardo, Fairview Heights. Call Bev at 344-5641.  
**Dance lessons** held at 6 p.m. at the American Legion, 1022 Vandalla St., Collinsville. The \$4 fee includes the lessons and the general dance that follows.

**Alcoholics Anonymous**, 8 p.m., St. Elizabeth Medical Center, Pascal Hall, main floor, Granite City, 876-8467.

**Moose Lodge Bingo**, 1:15 p.m. at the Nameoki Bingo Center.

**Overeaters Anonymous**, meets at 2 p.m. in the Wiseman Room, first floor, St. Elizabeth Medical

Center in Granite City.

## Monday, March 7

**Disabled American Veterans Chapter 53 Auxiliary**, 1417 19th St., Granite City, 876-7816, 8 p.m.  
**Quad City Youth Fellowship Adult Board**, 2257 Cleveland, 7 p.m., 931-3480 or 877-4848.  
**Camera Explorers Club**, Hartford Public Library, 143 W. Hawthorne St., 7 p.m., call Beverly Zager, 254-9394.

**Revival Outreach Center**, coffee with parson at 10 a.m. ROC is at 2100 Cleveland, Granite City. For information, call 452-5007.

**Alcoholics Anonymous**, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

**Al-Anon**, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 692-8078. (See CALENDAR, Page 13A)

## It's Time For A Few Pre-Spring Tips

from the experts at

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Where Beautiful Things Begin

It's still a mite early to begin serious lawn care, but it's not too early for a little preliminary action.

As long as the snow has vanished, there are a few easy chores you can take care of now. And you'll be rewarded with a lawn that's off to a good head start.

First of all, your lawn may have some thatch built up, but it's recommended that you hold off on the thatching until fall. Spring thatching tends to disrupt newly growing grass.

What you can do now is aerate. The best way is to rent a lawn aerating machine. Wearing golf shoes just won't do the trick, since the spikes are much too small. You'll be able to find a rental establishment in the phone book. The machine puts the proper size holes in the turf and removes plugs of soil. This allows oxygen to penetrate and stimulates the activity of soil micro-organisms and increases root development.

The rather unpleasant-looking little plugs the aerating machine will leave behind are no cause for concern. They'll disappear before you know it.

Once the lawn has been aerated, spew a thin layer of peat moss over the entire yard. This reduces soil compaction and gives the roots a better growing environment.

When the soil finally becomes workable later this month, you can plant grass seeds in bare lawn areas. Don't be over-anxious to begin fertilizing existing grass, though. You really should wait until it begins to grow.

Pruning can begin this month, at least some of it. Crossed, dead and crowded limbs should be pruned in order to maintain landscape plant growth habits. Plus, this will keep them manageable and will give them form and beauty. Pruned stumps produce new shoots which soon form shapely plants, and pruning hedges improves shape, reduces size, and thickens growth.

Prune overgrown, straggly grape vines, fruit and shade trees (except birches and

maples), roses, evergreens, and summer flowering shrubs. Trim spring flowering shrubs after they have bloomed.

Test fruit tree buds to determine potential yields. Cut several representative branches and bring them indoors for forcing. Blossoms will appear in a few days. If their number is great, heavy pruning or thinning of fruit will be necessary a bit later. This will avoid a high yield of undersized fruit. If the number is small, prune a small amount to help assure a good-sized crop.

Shrubs that don't bloom in spring can safely be pruned this month, as is the case with peach and nectarine trees.

This is a good time to haul the spreader out from its winter hibernating place and give it a once-over. Test its operation and make sure everything's going smoothly. A little lubrication around the wheels can work wonders in bringing life back into a feeble, cranky old spreader. However, if the relic is beyond responding to treatment, your nearest Frank's has some brand new ones waiting.

Check the condition of the garden hoses while you're at it, especially if any of them were left outside over the winter. You don't want any surprises the first time you turn on the sprinklers.

Gardening equipment that's in good operating condition now will help to assure carefree gardening throughout the upcoming season.

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 North County - 11015 Old Halls Ferry (314) 358-3444  
 Kirkwood - 1135 S. Kirkwood (314) 821-8896  
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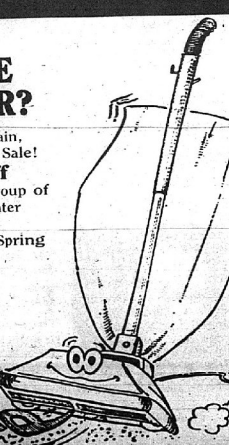
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## Obituaries

### John Teetor

John Orville Teetor, 65, of Granite City died at 6:30 p.m. Sunday, Feb. 27, 1994, at Anderson Hospital, Maryville, after a five-year illness. Born Aug. 25, 1928, in Madison, he had been a lifelong resident of Granite City.

He was a utility man with Union Starck & Refining Co., Granite City, for 10 years prior to his retirement in 1974, and was a warehouseman with Miles Laboratories for 10 years.

Mr. Teetor was a member of Trinity Tabernacle, Granite City, and Granite City Moose Lodge 272. Survivors include one son, John Stephan Teetor of Saudi Arabia; one daughter, Patricia Spray of Granite City; one half brother, Joseph Singleton of Benoit; two sisters, Naomi Peck of Madison and Joyce Pryor of Glen Carbon; his former wife, Evelyn Laverne (Mangrum) Teetor, whom he married July 4, 1949, and four grandchildren. He was preceded in death by his parents, John Lester Teetor and Edith Mae (Henry) Teetor.

Visitation is from 5 to 8 p.m. Thursday at Irwin Chapel, 3960 Maryville Road, Granite City, where services will be held at 11 a.m. Friday with the Rev. Isaac White officiating. Burial will be at Sunset Hill Memorial Estates, Glen Carbon.

### Nola Beckman

Nola A. (Lindsey) Beckman, 83, of Granite City died at 7:40 a.m. Monday, Feb. 28, 1994, at her residence, after a two-month illness. She was born Sept. 6, 1910, in Panama, Ill., and had been a resident of Granite City for most of her life. A homemaker, she was of the Protestant faith.

Survivors include two sons, Robert Weston of Glen Carbon and William Weston of Chicago; two brothers, Merrel Lindsey of Granite City and Virgil Lindsey of St. Louis; one sister, Leola Trowbridge of California; two grandchildren, three great-grandchildren and three great-great-grandchildren.

She was preceded in death by her parents, Walter and Elizabeth Lindsey.

Visitation is from 4 to 8 p.m. today at Lahey-Sedlack Funeral Home, 615 Madison Ave., Madison, where services will be held at 10 a.m. Thursday. Burial will be at Sunset Hill Memorial Estates, Glen Carbon.

### •Mother

(Continued from Page 1A)

him less than a year ago in Granite City.

"I didn't talk to him, but (in March 1993) I passed him and we had eye contact," she said.

"There was no doubt it was Michael."

Brenda Dixon said she has seen Michael Dixon Jr. at "least a half-dozen times" since he disappeared, but never spoken to him.

She said "at least a half-dozen other people" have also seen Michael Dixon Jr. — some of them speaking with him since the disappearance but "for legal reasons" she declined to identify

### •Bills

(Continued from Page 1A)

of 2 percent of the total due — including any unpaid portion of the initial bill, will be assessed.

The trash bills sent out are marked "cash only," but after many citizen complaints the City Council voted Feb. 15 to begin — immediately — accepting checks for payment.

The council also voted to exempt all residences that remained vacant for a calendar

### Dena Price

Dena M. (Lawton) Price, 81, of Granite City died at 2:55 p.m. Sunday, Feb. 27, 1994, at St. Elizabeth Medical Center, Granite City. She was born June 16, 1912, in Delta, Mo.

She was a homemaker and a member of Calvary Baptist Church, Granite City.

Survivors include one son, Floyd Price of Edwardsville; one daughter, Carolyn Price Ezell of Granite City; five grandchildren and seven great-grandchildren.

She was preceded in death by her husband, Otto Price, who died in 1979; her parents, Ed and Annabell (Hill) Lawton; and one brother, Lewis Lawton.

Visitation is from 4 to 8 p.m. today at Irwin Chapel, 3960 Maryville Road, Granite City, where services will be held at 11 a.m. Thursday with the Rev. Fred Boatright officiating. Burial will be at Sunset Hill Memorial Estates, Glen Carbon.

Memorials are requested for the Polystyrene Kidney Foundation in Kansas City.

### Robin Graham

Robin Lynn Graham, 17, of Granite City was pronounced dead Friday evening, Feb. 25, 1994, at the scene of an automobile accident on westbound Interstate 270 near Riverview Boulevard in St. Louis.

She was born April 14, 1976, in Belleville, she was a senior at Granite City High School, employed at Fashion Gal in Granite City.

Miss Graham worked in the office at the high school. A member of the Granite City High School Rifle Squad, she was an organ donor.

Survivors include her parents, Larry Frank Graham and Cathy Elaine (Divine) Graham of Granite City; two brothers, Jeffrey Frank Graham of Groton, Conn., and Mark Steven Graham of Colorado Springs, Colo.; one sister, Tonia Elaine Graham of Granite City; her paternal grandfather, Robert E. Graham of Collinsville; and her maternal great-grandmother, Virgie Popejoy of Poplar Bluff, Mo.

Services were held Tuesday at Herbert A. Kasaly Funeral Home, Collinsville, with the Rev. Donald Sabbert officiating. Burial was at St. Elizabeth Memorial Estates.

Memorials are requested for the American Cancer Society.

any of those people.

Grenda Dixon said Michael Dixon Sr. is "right when he said it has been a terrible ordeal, but he's wrong when he said it's over."

She said she has been called "at least a half-dozen" times by people making identifications of bodies of boys in comas that "came a lot closer than this one to matching the description of my son" but "none of them were him — he's not dead."

"It will be over my dead body before (Michael Dixon Sr.) puts the name of my son on that body they found in St. Louis," she said.

month from charges for that month.

On Monday, the city was unable to estimate how many residences had claimed the vacancy exemption.

The city established the \$9-a-month fee for residential trash collection in August with an effective date of September 1.

Trash bills may be paid at the Madison City Hall, 1529 Third St., from 8 a.m. to 4 p.m. Monday through Friday.

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### Raymond McCrary

Raymond L. McCrary Sr., 83, of Cahokia died Wednesday, Feb. 23, 1994, at St. Elizabeth's Hospital in Belleville.

He was retired from Teamsters Local 600 in St. Louis, a member of East Masonic Lodge 504 and a World War II Army veteran.

Survivors include his wife, Verlane (Nikolaus) McCrary; three sons, Raymond L. McCrary Jr. of Brentwood, Mo., Nikolaus B. McCrary of Uitz, Pa., and Anthony B. McCrary of Pontoon Beach; a daughter, Linda Lane Melampy of Middletown, Ohio; 13 grandchildren and one great-granddaughter. He was preceded in death by his parents, William and Edith (Mellott) McCrary, and a brother, Roy McCrary.

A private service was held Thursday, Feb. 24, at Kurrus Funeral Home in Belleville. A memorial service will be held at a later date.

Memorials may be made to Shriner's Hospital for Crippled Children.

### L.J. Oberdieck

Lawrence J. Oberdieck, 66, of Granite City died at 8:52 p.m. Sunday, Feb. 27, 1994, at St. Elizabeth Medical Center after a lengthy illness.

He was born Feb. 27, 1928, in Des Moines, Iowa, and had been a lifelong resident of Granite City.

A warehouseman with the Granite City Army Depot for 30 years prior to his retirement, he was of the Protestant faith.

Survivors include his wife, Mary (Roe) Oberdieck; one son, Lawrence R. Oberdieck of Carlinville; two daughters, Rosalind Ludwig of Lombard, Ill., and Marge Pickford of Bartlett, Ill.; six grandchildren and one great-grandchild.

He was preceded in death by his parents, Lawrence and Esther (Phillips) Oberdieck.

There was no visitation or funeral. Burial is at Jefferson Barracks National Cemetery, St. Louis County. Arrangements are by Mercer Mortuary, Granite City.

Memorials are requested for the Critical Care Unit at St. Elizabeth Medical Center, Granite City.

### Kevin Reedy

Kevin J. Reedy, 82, of Mascoutah, formerly of Granite City, died at 3:45 p.m. Sunday, Feb. 27, 1994, at St. Elizabeth's Hospital, Belleville, after being ill for several years.

He was born Sept. 26, 1931, in Granite City, where he had been a lifelong resident prior to becoming a resident of Mar-Ka Nursing Home, Mascoutah, 10 years ago.

He was a member of Holy Family Catholic Church, Granite City.

Survivors include one sister, Kathleen House of Granite City. He was preceded in death by his parents, Harry D. and Katherine (Gorman) Reedy.

Services are at 9 a.m. today at Holy Family Catholic Church, 2606 Washington Ave., Granite City, with the Rev. William Fisher officiating. Burial will be at Calvary Cemetery, Glen Carbon. Arrangements are by Irwin Chapel, Granite City.

Memorials are requested for Holy Family Catholic Church or to the donor's choice.

### Derek Blackburn

Derek Wayne Blackburn, two months old, of Granite City died Saturday, Feb. 28, 1994, at his residence. He was born Dec. 20, 1993, in Wood River.

Survivors include his mother, Jean Rose Blackburn; one brother, Kevin Paul Schuller of Florida; one sister, Branda Kay Blackburn of Granite City; and his great-grandmother, Bernice McDonald of Collinsville.

He was preceded in death by his grandmother, Margaret Sue McDonald Fehr, and his great-grandfather, Lloyd McDonald.

Visitation is from 12:30 to 1 p.m. today at Herr Funeral Home, 501 W. Main St., Collinsville, where services will be held at 1 p.m. today. Burial will be at St. John Cemetery, Collinsville.

### A.B. Givens

A.B. Givens, 69, of Centerville died Sunday, Feb. 22, 1994, at his residence. He was born Nov. 14, 1924, in Sherard, Miss., and had been a resident of the Metro East area for the past 20 years.

He was employed by Deaconess Hospital, St. Louis, prior to his retirement and was a member of Centerville Church of Christ.

Survivors include his cousin, James Boyd of Venice.

Services were held Sunday, Feb. 27, at Centerville Church of Christ, St. Louis County. Arrangements were by Officer Funeral Home, East St. Louis.

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## Criminal investigation against priest dropped

By Bonita Tillman and Kevin Glenn Staff writers

Citing lack of evidence, State's Attorney Bob Haida dropped a criminal investigation Friday against Belleville priest Louis Peterson, who was recently accused of sexual misconduct.

"There is insufficient evidence to prove a criminal charge or charges beyond a reasonable doubt," Haida said in a statement issued Friday.

However, he said his office will reconsider the investigation of the St. Teresa Parish priest if new evidence of sexual misconduct arises.

David Clohessy, head of the St. Louis chapter of the Survivors Network of those Abused by Priests, expressed disappointment that Haida's office dropped the investigation.

"It's discouraging, certainly," he said.

Clohessy said he hoped the action would prod others who have evidence to come forward with it. Oftentimes, he said, silent victims "breathe a sigh of relief" when their abuser is investigated, as they assume the truth will come out — but it sometimes doesn't.

A lot of people know a lot about Peterson and his activities,

Clohessy said. He claims to know of other alleged abuse victims of the priest.

Peterson voluntarily left the parish Jan. 22 amid allegations of sexual misconduct against a minor in the last two years.

Although nine priests have left their ministries within the last year for similar allegations, only Peterson has faced criminal charges. Unlike the Peterson accusation, other alleged incidents happened several years ago and fell outside the statute of limitations for prosecuting the alleged crimes.

According to state law, sexual abuse complaints must be lodged within three years. Two exceptions, however, allow an extension.

Under one exception, the victim may file charges if he or she was under age 18 at the time the alleged abuse occurred and the case begins within one year of the victim's 18th birthday.

In the second exception, criminal charges may be filed if the victim repressed the abuse and it was reported within a year of recalling the incident.

Unlike the other eight priests leaving their ministry — four of whom are permanently barred — Peterson has not been officially removed after review Board, by the Diocese.

## Echols appreciation dinner planned in Venice Saturday

Former East St. Louis Mayor Carl Officer will be the guest speaker at the annual appreciation dinner for Venice Mayor Tyrone Echols.

The dinner will be held at 6 p.m. Saturday, March 5, at the Venice Recreation Center, 323 Broadway.

Tickets are \$15 and will be available at the door.

Vanetta Adams is the chairperson for the event and Ruby Johnson and the Rev. John Henry Williams are co-chairpersons.

For more information, the telephone number is 877-2412 or 452-0019.

## Home purchase workshop Thursday

The public is invited to attend a workshop Thursday on "How to Purchase a Home." The meeting will explore step-by-step guidelines for successfully buying a home.

Professional representatives from the Madison County Urban League, Metro Savings of Wood River, Amerispec, Home Inspection Service and others related to home purchase procedures will discuss all details of buying a home. There will be a question/answer period and literature available.

The workshop will be held Thursday, March 3, at the Namekiki Township Hall, 4250 Highway 162. It will be held from 5 to 7 p.m., with registration from 4:30 to 5 p.m. Refreshments will be provided.

Interested persons should contact Linda at the Urban League, 1010 Madison Ave., Madison, 877-8870, as soon as possible to register for the workshop.

## •Food

(Continued from Page 1A)

Starting today, Shop 'n Save is increasing its visibility in the Journals, and anchoring the Today's Food section with four full pages of everyday low price values.

Today's Food has been redesigned to be a more comprehensive consumer guide for today's lifestyles, with more focus on eating for health and fitness.

"We're excited to have Shop 'n Save increase its commitment to the Journals," said Tom Rice, president of the Suburban Journals.

Shop 'n Save has become a major market factor in the St. Louis grocery industry and we think their expanded presence will afford our readers more value and reach a broader portion of the market."

Bob Pattillo, president and chief operating officer of Shop 'n Save, said the company is building a replacement store in Belleville with a grand opening planned in the spring. In addition, he said three existing stores will be remodeled in 1994.

Shop 'n Save offers consumers the lowest everyday prices on over 30,000 brand-name and private label products, plus garden fresh produce, a complete line of most including USDA choice beef and pork, a complete line of most including USDA choice beef and pork, a complete line of most including USDA choice beef and pork, a complete line of most including USDA choice beef and pork.

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# World-known organist here Sunday • Calendar

Internationally-renowned organist Hector Olvera brings his technical brilliance and unique gift of humor to a performance Sunday, March 6, at 4 p.m. at First Presbyterian Church in Granite City.

The concert is the second in the church's Grand Concert series. During this concert, a special screen will be set up to project a close-up view of Olvera at the organ.

Olvera, born in Buenos Aires, Argentina, began playing organ at age 3, entered the University of Buenos Aires at 12, and became head of the organ department by age 18.

By this time, he already had more than 350 concerts to his credit. After studying organ at Juilliard School of Music, he went on to win the National Improvisation Contest sponsored by the American Guild of Organists.

Olvera has performed extensively abroad, including performances in Australia, Germany, Japan, Taiwan, Holland, France and the United Kingdom. During his European tour the generally conservative European audiences were enthusiastic and gave rave reviews.

After residing in the United States for 21 years, Olvera made a return tour to his Argentinian homeland in 1987. He was greeted as a national hero and played many standing-room-only concerts.

As a result of his years of performance and critical acclaim, Olvera has 15 recordings to his credit.

Most recently, Olvera had the unique opportunity to be the featured performer in 1993 at the 20th National Theater Organ Convention and the 75th National American Guild of Organists convention.

First Presbyterian's church organist, Jack Jenkins, who was in attendance at the guild convention, commented, "Never before have I witnessed guild members giving a rousing, seven-curtain-call standing ovation."

According to a review in the guild's magazine, Olvera "brought the house down with a stupendous performance in which he combined talent and comedy akin to that of Victor Borge — the audience was spellbound."

Tickets for the March 6 concert are \$15. Immediately following the concert there will be a reception with refreshments in the church fellowship hall.

Parking for the concert will be available at the rear of the church and also at two additional parking lots at 21st and Delmar. A free shuttle bus service will be available at these lots to take people to the church.

For more information or for tickets, the number is 452-1100. Tickets may also be purchased at the door, subject to availability.

The final concert of the season will feature soprano Eric Mills, a Granite City native, who returns home to First Presbyterian for an afternoon of classics on May 1.

(Continued from Page 11A)

Neglected Victims of Child Sexual Abuse, a support group for non-offending parents of victims, meets from 6 to 7:30 p.m. at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 692-2197 for details.

TOPS 2048 (Take Off Pounds Sensibly), 6 p.m., Melvin Price Support Center in Granite City; 876-2124 or 931-5855.

TOPS II, 6:45, 7 p.m., Anchorage Recreation Center, 2902 Edwards St., Granite City, 452-6102. Men and women welcome.

Wal-Mart Senior Citizens, bingo, 7:30 to 8:30 a.m.

## Tuesday, March 8

Benevolent and Protective Order of Elks, Granite City Lodge 1063, Maryville Road, Granite City, 931-3557, 8 p.m.

Knights of Columbus, 3rd

Degree, 4225 Old Alton Road, 7:30 p.m., 877-4250.

Alliance for the Mentally III, 7 p.m., Eden United Church of Christ, 903 N. Second St., Edwardsville; for information call 877-3006.

Better Breathers, support group of those with chronic lung condition, 1 p.m., Pascal Hall, St. Elizabeth Medical Center, 798-3118.

Mastectomy Support Group, 7 to 9 p.m., Pascal Hall, main floor, St. Elizabeth Medical Center, 798-3510.

Singles Connection, Walleyball held at 8:30 p.m. at the YMCA, Esic Drive, Edwardsville. There is a \$3 fee for three hours of play.

Call Frank at 876-4315.

TOPS 1699, 6:45 p.m. at the Anchorage Recreation Center, 2902 Edwards St.; call 692-4340 or 797-0562.

Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Alcoholics Anonymous (women only), 8 p.m., Presbyterian Church, Mitchell, 876-8467.

Alcoholics Anonymous, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 692-8078.

Al-Anon, 8 p.m., St. John United Church, 2901 Nameoki, Granite City, 692-8078.

## Swim ear plugs being offered

The Audiology Department at St. Elizabeth Medical Center in Granite City is getting prepared for summer and planning ways to offer financial savings.

For example, Audiology is offering neon customized swimming plugs. These floatable ear plugs are available in fluorescent green, pink, blue, orange, purple, yellow, red or brown.

Colors may be mixed or matched. The plugs are also available in a tie-dyed variety in which two of the colors are combined.

For a limited time, through March 25, SEMC will be offering these swim plugs for \$5, a saving of \$15 off the regular price.

"The company we get our plugs from is having a pre-sale sale, and we want to pass the savings on to our customers," said Cheryl Siegel, RN, MS, director of Audiology.

"You don't have to swim to benefit from ear plugs. They are an effective method of sealing the ear from water for those individuals susceptible to 'swimmer's ear,' or those who have eardrum perforations. They also are nice for people who just don't like to get water in their ears."

"In addition to being floatable, the bright colors make them easier to find in water. The plugs have built-in handles and attachable cords, allowing users to hang them around their neck."

They also can be used for sound protection when working with power tools or mowing the lawn.

"It's a very comfortable way to help protect your ears from possible permanent noise-related damage," said Sheila Kutz, MS, audiologist and dispensing coordinator.

The new plugs are formed from a medical-grade silicone material which offers flexibility as well as softness. Such features are designed to make the plugs easier to wear over a prolonged period of time.

To get the custom-fit plugs, an appointment must be made to form a mold of the ear.

The ear canal is inspected and checked for any problems. An impression of the ear is then made using a soft, pliable material. It is a painless procedure, and takes about five minutes.

The impression is returned from the manufacturer in two to three weeks. The customized plugs come with a one-month guarantee and are easily replaced should any problems with the fit exist.

This procedure is performed at Audiology's Edwardsville and Granite City locations. To make an appointment or for more information, persons may call the Audiology Department at 798-3616.

## Lung Association offering golf card

The American Lung Association's 1994 Golf Privilege Card is now available for sale. The card enables a golfer to play over 140 courses throughout Illinois without paying greens fees, and is valid from April through October.

Area courses include Belk Park, Locust Hills, Oak Brook and The Legacy.

For a limited time, golfers can buy one card for \$30 and all other cards purchased at the same time are only \$25.

To order your Golf Privilege Card call 1-800-788-5864 or stop by The Gym Bag in Edwardsville.

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**CONVERSE**  
**CONVERSE RUN N' SLAM MEN'S BASKETBALL SHOES**  
 Reactix juice in heel, synthetic upper with mesh midfoot and ankle outlets, lycra inner boot and Velcro straps.

**114<sup>96</sup>**  
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 The Pump® midfoot chamber system for custom fit, rear stop. EVA midsole with Healite® heel insert.

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 High performance support, CM EVA midsole with Healite® material in heel. Diamond stud® outsole provides excellent traction.

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 Leather upper, synthetic upper cut design, support straps, PU outsole with modified cupsole design for traction.

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**REEBOK**  
**REEBOK AURORA LOW MEN'S CROSS TRAINERS**  
 Molded EVA midsole, abrasion-resistant outsole is flared at heel and forefoot, leather uppers with mesh quarters.

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**REEBOK**  
**REEBOK FREE STEP MID LADIES' AEROBIC SHOES**  
 Compression molded EVA midsole with exposed Healite® material in the heel and forefoot. 2 piece rubber outsole.

**54<sup>96</sup>**  
**new balance**  
**new balance MB885 WOMEN'S RUNNING SHOES**  
 Washable synthetic upper, contoured ENCAP midsole for cushioning and energy return. Breathable mesh outsole. Available in widths.

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**CONVERSE**  
**CONVERSE POWER SURGE MEN'S BASKETBALL SHOES**  
 Combination leather/synthetic upper, cut design, support straps, PU outsole, multi-colored herringbone patterned outsole.

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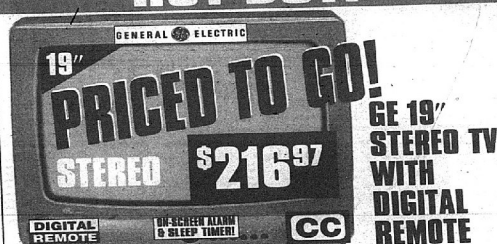
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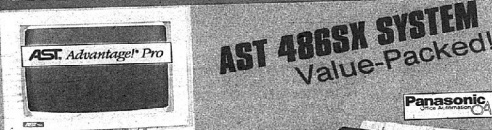
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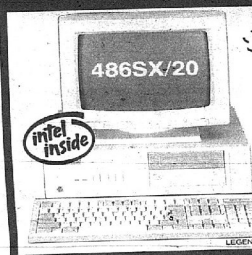


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**AT&T Digital**  
**Answering System**  
 with Instant  
**Playback &**  
**Select**  
**Save/Delete**

**\$699**

**Panasonic**



**Panasonic Integrated**  
**Telephone Answering**  
**Machine with**  
**Touchless**  
**Remote & Voice**  
**Time/Day Stamp**

**\$1149**

**GENERAL ELECTRIC**



29170

**GE**  
Contemporary  
Design  
Telephone with  
Ringer Control  
& Redial

**\$19<sup>97</sup>**

**AT&T**



**AT&T Feature  
Phone with  
Recover  
Volume  
Control &  
Last Number  
Redial**

**\$34<sup>97</sup>**

**SONY**



**Sony Stylish  
Fashion Telephone  
with 10-Number  
Speed Dialing &  
Last Number  
Redial**

**\$29<sup>97</sup>**



# UP TO \$200 INSTANT DISCOUNT ON ANY PRINTER WHEN YOU PURCHASE ANY NOTEBOOK COMPUTER.



**Apple Macintosh**  
68030/25MHz  
Powerbook 145B  
with 4MB RAM,  
80MB Hard Drive,  
Send/Receive  
Fax/Modem, 3.5"  
Superdrive, Trackball,  
10" Backlit Screen  
& 6 Preloaded  
Software Titles

**MANUFACTURER'S  
MARKDOWN INCLUDED!**  
**\$1399<sup>97</sup>**



**Packard Bell**  
**Statesman**  
486SL/33MHz Notebook  
Computer with 4MB RAM,  
200MB Hard Drive, 9.5"  
Monochrome LCD Screen, 3.5"  
Floppy Drive, Keyboard  
Integrated J-Mouse™ &  
Microsoft Windows 3.1  
• weighs only 6.3 lbs. & includes  
1 PCMCIA Type II slot  
• software includes Microsoft®  
Works, Money, Productivity  
Pack & Entertainment Pack

**\$1529<sup>97</sup>**

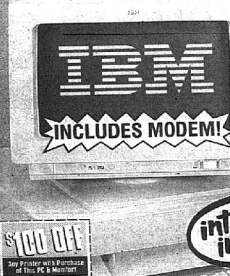


**Compaq Contura**  
486SL/25MHz Notebook  
Computer with 4MB RAM,  
120MB Hard Drive, 8KB Cache,  
3.5" Floppy Drive, Built-in  
Trackball, Microsoft DOS 6.0 &  
Windows 3.1 & 3-Year Warranty

• weighs only 6.2 lbs.  
• software includes  
PFS:WindowWorks™  
integrated software  
package & Prodigy™  
• video circuitry  
capable of displaying  
840 X 480 lines of  
resolution

148500005

**\$1899<sup>97</sup>**



**intel inside**

**COMPLETE SYSTEM**

**SYSTEM INCLUDES:**  
■ 486SX/33MHz Processor ■ 4MB RAM  
■ 170MB Hard Drive ■ Combo Floppy Drive  
■ Modem ■ .39dp Super VGA Color Monitor  
■ Panasonic 24-Pin "Super Quiet"  
Dot Matrix Printer

**\$1349**



**FREE SOFTWARE**

**\$390 VALUE!**

**BONUS SOFTWARE:**  
Choose from 4 Titles!

- DOS® 6.0
- Microsoft® Windows™ 3.1
- Microsoft Works™ for Windows
- Prodigy™
- America Online™



**IBM 486SX/25  
MULTIMEDIA COMPUTER  
SYSTEM**

**EPSON**



**SMART ENERGY**

**SYSTEM INCLUDES:**

**COMPLETE SYSTEM**

**\$2099**

■ 486SX/25MHz Processor  
■ CD-ROM Drive  
■ SoundBlaster Pro Audio Board  
■ 4MB RAM ■ 170MB Hard Drive  
■ 3.5" Floppy Drive ■ 1MB Video Memory  
■ Modem ■ .39dp Super VGA Color Monitor  
■ Epson "Stylus 300" Ink Jet Printer

**FREE SOFTWARE**

**\$1100 VALUE!**

**BONUS SOFTWARE:**  
Choose from 4 Titles!

- 8 CD-ROM titles
- MS-DOS® 6.0
- Microsoft® Windows™ 3.1
- Microsoft Works™ for Windows
- Prodigy™
- America Online™

## REVEAL



**\$449<sup>97</sup>**

## REVEAL



**\$29<sup>97</sup>**



**\$169<sup>97</sup>**



**IBM MPC II Multimedia Upgrade  
Kit - Transforms Your Ordinary  
Computer Into A Multimedia PC**

**\$549<sup>97</sup>**

## CELLULAR PHONES!

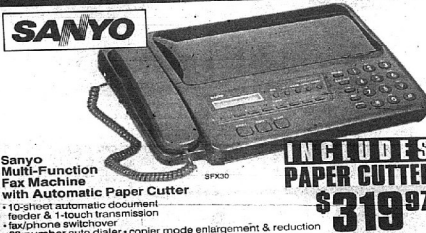
## FAX MACHINES!

## AND MORE!



**\$99<sup>97</sup>**

**Activation Required**



**INCLUDES  
PAPER CUTTER**  
**\$319<sup>97</sup>**

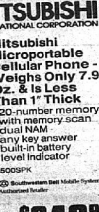


**\$69<sup>97</sup>**



**\$199<sup>97</sup>**

**Activation Required**



**\$249<sup>97</sup>**



**\$399<sup>97</sup>**



**\$598<sup>97</sup>**



**\$34<sup>97</sup>**



**\$59<sup>97</sup>**



# SAVE ON ZENITH TVs & VCRs!



**Zenith 25" Stereo TV with Multi-Brand Remote Control**

- built-in closed caption decoder
- Seq audio system & MTS stereo with dbx noise reduction
- Channel Flashback
- 181-channel tuning

**\$397<sup>97</sup>**



**Zenith 19" Color TV with On-Screen Displays**

- built-in closed caption decoder
- 181-channel tuning/cable ready
- auto channel search
- Video Sentry

**\$189<sup>97</sup>**



**Zenith 27" Stereo TV with Multi-Brand Remote Control & Picture-In-Picture**

- Seq audio system
- MTS stereo with dbx noise reduction
- 2 audio/video jacks with variable audio output jacks
- Channel Flashback feature

**\$547<sup>97</sup>**



**Zenith VCR with Auto Tracking & Front Panel Display**

- TV/VCR remote controls most Zenith TVs
- 8-event/365-day on-screen programming
- real time counter with memory for convenient searching
- 161-channel tuner

**\$189<sup>97</sup>**



**Zenith 4-Head VCR with Zenith TV/VCR Remote Control & Front Panel Display**

- 8-event/365-day on-screen programming
- real time counter
- 178-channel tuner

**\$249<sup>97</sup>**



**MagnaVox 13" Color TV with Remote Control**

**\$167<sup>97</sup>**



**Sony 20" Stereo TV with Trinitron Picture Tube**

**\$374<sup>97</sup>**



**ProScan 27" Stereo TV with Multi-Brand Remote Control**

**\$649<sup>97</sup>**



**GE 13" TV/VCR Combination with 34-Button Remote Control**

**\$329<sup>97</sup>**



**JVC 26" Stereo TV with English & Spanish On-Screen Displays**

**\$399<sup>97</sup>**



**Sony 27" Stereo TV with Picture-In-Picture & Universal Remote**

**\$679<sup>97</sup>**



**GE 25" Stereo TV with Universal Remote**

**\$377<sup>97</sup>**

**STEREO**

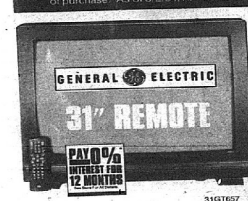
**GE 25" STEREO TV WITH UNIVERSAL REMOTE**

- Finds and stores active channels.
- Lets you assign labels to channels for easy reference.
- Provides easy-to-follow on-screen instructions for every function.
- Turns on and off automatically at preset times.
- Maintains high contrast pictures even in bright room light.
- Displays dialog with closed caption programs.

**0% INTEREST\* FOR 12 MONTHS ON ALL 30" & LARGER TVs!**

\*With your Circuit City credit card, subject to credit approval. Minimum purchase on camcorders. \$499. Minimum purchase on all other eligible merchandise \$249. No finance charge when paid according to terms. Monthly payments required. If not paid in full within 6 months, 12 months on big screen (vs) finance charges will be assessed from the date of purchase. As of 3/2/94, APR is 20.5% on a Circuit City Regular Account. APR may vary. Other expenses 3.0-9.4%.

**SAVE WITH RCA**  
**FREE DELIVERY ON TV'S - 30" AND UP**



**GE 31" Stereo TV with Universal Remote**

**\$999<sup>97</sup>**



**Hitachi 31" TV with Picture-In-Picture & Universal Remote Control**

**\$999<sup>97</sup>**



**RCA 27" Stereo TV with Full Color Picture-In-Picture & Universal Remote Control**

**\$50 REBATE With Purchase!**



**RCA 31" Stereo TV with Multi-Brand Remote Control & Audio/Video Jacks**

**\$50 REBATE With Purchase!**



**Panasonic 31" Superflat TV with Dome Sound System**

**\$1199<sup>97</sup>**



**Hitachi 46" Projection TV with Full Color Picture-In-Picture**

**\$2999<sup>97</sup>**



**RCA 46" Projection TV with Picture-In-Picture & Universal Remote Control**

**\$100 REBATE With Purchase!**



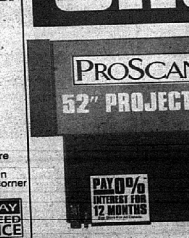
**RCA 35" Stereo TV with Universal Remote Control & Matrix Surround Sound**

**\$100 REBATE With Purchase!**



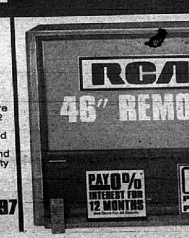
**Hitachi 46" Projection TV with Full Color Picture-In-Picture**

**\$2999<sup>97</sup>**



**ProScan 52" Projection TV with Built-In VCR Storage**

**\$2999<sup>97</sup>**



**RCA 46" Projection TV with Picture-In-Picture & Universal Remote Control**

**\$100 REBATE With Purchase!**



**RCA 52" Projection TV with Advanced Picture-In-Picture & Universal Remote**

**\$100 REBATE With Purchase!**

**FREE SURROUND SOUND SHOW!**

Experience the movies in a real Home Theater at Circuit City! You'll feel like you're really there. And, you'll see how easy it is to put together an affordable Home Theater system of your own!

**Check Out THX at Our FAIRVIEW HEIGHTS, BRIDGETON, SOUTH COUNTY AND ELLISVILLE STORES!**

Built with the same technology developed by Lucasfilm for the Star Wars movies, Home THX audio components deliver the most realistic movie sound available!

**TIMES: 1PM | 3PM | 5PM**



# 0% INTEREST\* FOR 6 MONTHS ON ALL CAMCORDERS \$599 & UP!

\*With your Circuit City credit card, subject to credit approval. Minimum purchase on camcorder: \$599. Minimum purchase on all other eligible merchandise \$249. No finance charge when paid according to terms. Monthly payments required. If not paid in full within 6 months (12 months on big screen TVs), finance charges will be assessed from the date of purchase. As of 3/2/94, APR is 20.5% on a Circuit City Regular Account. APR may vary. Offer expires 3/3/94.

**RCA**

**PAY 0% INTEREST FOR 6 MONTHS**

**RCA Compact VHS Camcorder with 10:1 Power Zoom**

- variable high speed shutter with settings up to 1/8,000 sec.
- 1 lux low light recording
- audio & video fading
- flying erase head for seamless transitions

CD174

**FREE ACCESSORY KIT!**  
TRIPOD • SHUTTER BAR • TAPE

**\$638<sup>97</sup>**

**HITACHI**

**PAY 0% INTEREST FOR 6 MONTHS**

**Hitachi 8mm Camcorder with 16:1 Zoom & Multi-Brand TV/Camcorder Remote Control**

- 2-page character generator allows for personalized titles on videos
- program auto exposure presets earn for "point-and-shoot" ease
- flying erase head provides seamless scene transitions for professional videos

VM55A

**FREE ACCESSORY KIT!**  
TRIPOD • SHUTTER BAR • TAPE

**\$799<sup>97</sup>**

**FREE**

**• TRIPOD • BAG • BLANK TAPE**

**WITH ANY CAMCORDER OVER \$599!**

(EXCLUDES SHARP AND SONY)

**SONY**

**PAY 0% INTEREST FOR 6 MONTHS**

**Sony Handycam® 8mm Camcorder with 10:1 Variable Speed Zoom & Full-Function Remote Control**

CCDFX425

**\$649<sup>97</sup>**

**SONY**

**PAY 0% INTEREST FOR 6 MONTHS**

**Sony Handycam® Hi-Fi 8mm Camcorder with Remote Control & LCD Status Display**

CCDFX620

**\$897<sup>97</sup>**

**VIDEO CLEARANCE!**

Clip These Coupons for Extra Savings on Any Open Stock, Scratch n' Dent or Demo!

**AN EXTRA \$25<sup>00</sup> OFF**

Any Scratch n' Dent, or Demonstrator Hi-Fi Stereo VCR!\*

See Store for Details. Offer good with coupon only. Expiration Date: 3/8/94.

**AN EXTRA \$50<sup>00</sup> OFF**

Any Scratch n' Dent, or Demonstrator Camcorder!\*

See Store for Details. Offer good with coupon only. Expiration Date: 3/8/94.

Hurry! Quantities are limited! Selection varies by store. See store for all details.

**HITACHI**

**PAY 0% INTEREST FOR 6 MONTHS**

**Hitachi 8mm Camcorder with Electronic Image Stabilizer (EIS) & 16:1 Zoom**

- multi-brand TV/camcorder remote control
- digital fade with fade to white, wipe & zoom options
- 2-page character generator allows for personalized titles on videos

VM55A

**FREE ACCESSORY KIT!**  
TRIPOD • SHUTTER BAR • TAPE

**\$999<sup>97</sup>**

**SHARP**

**PAY 0% INTEREST FOR 6 MONTHS**

**Sharp 8mm Camcorder with Full Color 3" LCD Screen & Pivoting Lens**

- remote control
- high speed shutter up to 1/10,000 sec.

VL63U

**\$100 REBATE With Purchase!**

~~\$859.97~~ Guaranteed Low Price  
~~\$100.00~~ Mail-in Rebate  
**\$859.97** Final Cost

**SONY**

**PAY 0% INTEREST FOR 6 MONTHS**

**Sony 8mm Camcorder with Color Viewfinder & Built-In Wide Angle Lens**

- Hi-Fi stereo sound for lifelike audio recording
- 4-mode program auto exposure provides point-and-shoot operation

CCDT85

**Color VIEWFINDER!**

**Limited Quantities \$909<sup>97</sup>**

**JVC**

**PAY 0% INTEREST FOR 6 MONTHS**

**JVC Compact VHS Camcorder with Digital Image Stabilizer & 20:1 Digital Zoom**

- color enhancement built-in
- full-function remote controls camcorder & many brands of VCRs
- 6-mode program auto exposure
- 10:1 optical zoom

GRAX7AU

**\$999<sup>97</sup>**

## WE HAVE AN INCREDIBLE SELECTION OF TOP BRAND NAME VCRs!

**SHARP**

**4-HEAD VCR!**

**Sharp 4-Head VCR with On-Screen Programming & Remote Control**

- 8-event/14-day programming
- automatic tracking control
- simple clock setting
- English, Spanish & French on-screen displays

VC450U

**\$197<sup>97</sup>**

**JVC**

**4-HEAD VCR!**

**JVC 4-Head VCR with Multi-Brand TV/VCR Remote & Family Message Center**

- 14-day/8-event on-screen programming
- real time counter

HR4400

**\$177<sup>97</sup>**

**GENERAL ELECTRIC**

**4-HEAD VCR!**

**GE 4-Head VCR with VCR Plus+™ Remote & Family Programming**

VC450S

**\$227<sup>97</sup>**

**WITH REMOTE**

**\$249<sup>97</sup>**

**GENERAL ELECTRIC**

**HI-FI STEREO**

**GE 4-Head Hi-Fi VCR with Unified Full-Function Remote Control**

- digital auto tracking
- 8-event/365-day on-screen programming
- high speed rewind
- real time counter

VG4210

**\$269<sup>97</sup>**

**RCA**

**HI-FI STEREO**

**RCA 4-Head Hi-Fi VCR with On-Screen Set-Up & Programming**

VR601HF

**\$279<sup>97</sup>**

**SONY**

**4-HEAD VCR!**

**Sony 4-Head VCR with Shuttle Control on VCR & Remote**

SLV400

**\$294<sup>97</sup>**

**HITACHI**

**4-HEAD VCR!**

**Hitachi 4-Head Hi-Fi VCR with Multi-Brand Remote Control**

VT730FA

**\$349<sup>97</sup>**

**GO VIDEO**

**Go Video Dual Deck VCR with Two 2-Head Decks & Full-Function Remote Control**

- 1 play deck & 1 play/record deck
- copies any VHS tape with the touch of a button
- 8-event timer recording
- automatic tracking

GV5000

**\$499<sup>97</sup>**

**SONY**

**NEW LOW PRICE**

**Sony Hi-Fi VCR with VCR Plus+™ Programming & Cable Mouse™**

SLV750HF

**\$429<sup>97</sup>**

**Panasonic**

**SVHS**

**Panasonic S-VHS 4-Head HiFi VCR with Multi-Brand TV Remote & LCD Program Director Remote**

PV4420

**\$499<sup>97</sup>**

**SONY**

**NEW LOW PRICE**

**Sony 4-Head Hi-Fi VCR with VCR Plus+™ Programming & Multi-Brand TV Remote Control**

SLV600HF

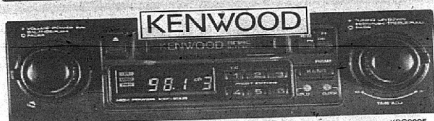
**\$497<sup>97</sup>**



# HOT BUYS ON KENWOOD!



**Kenwood Cassette Player with 12 FM/6 AM Presets**  
 • auto reverse  
 • Permalloy tape head  
**\$137<sup>97</sup>**



**Kenwood In-Dash Cassette Player with 18 Station Presets**  
 • auto reverse  
 • repeat, scan & random play  
 • outputs to add amplifier  
**\$166<sup>97</sup>**



**Kenwood CD Player with 8X Oversampling**  
 • 25 watt X 2 channel output  
 • repeat, scan & random play  
 • four 1-bit D/A converters  
 • 18 station presets & digital clock  
**\$288<sup>97</sup>**



**\$25 OFF**  
 ANY SPEAKER PAIR  
 WITH THE PURCHASE OF ANY  
 INSTALLED CD  
 CAR STEREO SYSTEM!  
 \*SYSTEM - ANY CD OR CHANGER INSTALLED.

**Awesome Buy!**  
**\$399<sup>97</sup>**  
 SLIM PROFILE!  
 WORKS WITH YOUR CURRENT FM CAR STEREO!  
**PIONEER 6-DISC CD CHANGER/CONTROLLER WITH REMOTE**  
 • Built-in FM Modulator • Horizontal or Vertical Mounting  
 • Remote LCD Commander with LCD Display & Track Scan Up/Down • Repeat/Random Playback • Quick Access to Any Disc • Motion, Vibration & Heat Resistant

## SAVE ON AMPLIFIERS!

**Roush 2-Channel Car Stereo Power Amplifier with 25 Watts per Channel Maximum Power**  
**\$49<sup>97</sup>**

**Roush Bridgeable Car Stereo Power Amplifier with 85 Watts per Channel**  
**\$199<sup>97</sup>**

**Kenwood 6-1/2" 2-Way Car Stereo Speakers with 30 Watt X 2 Channel Output**  
**\$129<sup>97</sup>**

**Kenwood 6-1/2" 2-Way Car Stereo Speakers with 105 Watt Peak Power Capacity**  
**\$249<sup>97</sup>**

## ALARMS!

**Hornet Talking Alarm with 2 Remotes**  
 • says "System Armed," "System Disarmed," & "Protected by Security System, Stand Back!"  
**INSTALLED \$139<sup>97</sup>**

## HOT BUYS ON LOUDSPEAKERS!

**JVC 4" Dual-Cone Car Stereo Speaker with 45 Watts Power-Handling Capability & 4.5 Oz Magnet**  
 • heat-resistant cone  
 • 5 1/4" water-resistant cone woofer  
**\$24<sup>97</sup> PAIR**

**Pioneer 6-1/2" 2-Way Car Stereo Speakers with 105 Watt Peak Power Capacity**  
**\$69<sup>97</sup> PAIR**

**MTX 6-1/2" 2-Way Split Enclosure Truck Box Speaker**  
**\$88<sup>97</sup> PAIR**

**JBL 10" 3-Way Split Enclosure Speaker System with 200 Watt Power Capacity**  
**\$249<sup>97</sup> PAIR**

**JBL 8" Subwoofer Enclosure with 200 Watt Peak Power Handling Capacity**  
**\$129<sup>97</sup> EACH**

**Panasonic 6-1/2" 2-Way Component Speaker System with 120 Watt Peak Power Input Capacity**  
**\$119<sup>97</sup> SET**

**MX 8" Terminator Subwoofer**  
 • 100 watt RMS power handling  
 • aluminum voice coil  
**\$29<sup>97</sup> EACH**

# GUARANTEED LOW PRICES ON BOOMBOXES!

**Sony AM/FM Stereo Double Cassette Recorder with Mega Bass Sound**  
 • tone control  
 • high speed dubbing  
**\$57<sup>97</sup>**

**Panasonic Closeout Portable AM/FM Stereo Double Cassette Player with Auto Reverse**  
**\$89<sup>97</sup>**

**AIWA Portable Remote-Controlled AM/FM Stereo Cassette Recorder**  
**\$149<sup>97</sup>**

**Sony 3-Piece AM/FM Stereo Double Cassette Recorder with Built-in Compact Disc Player & Bass Boost**  
**\$169<sup>97</sup>**

**Fisher AM/FM Stereo Cassette Recorder with Electronic Equalization System & Auto Reverse**  
**\$127<sup>97</sup>**

**RCA Portable CD Player & AM/FM Stereo Cassette Recorder with Auto Reverse & Bass Boost**  
**\$127<sup>97</sup>**

**Panasonic Platinum Series AM/FM Stereo Radio Cassette Recorder with Built-in CD Player**  
**\$279<sup>97</sup>**

## SAVE ON PORTABLE CD PLAYERS!

**Panasonic Portable CD Player with XBS (Extra Bass System) & 8X Oversampling**  
 • 24-track programmability  
 • heat-resistant shell  
 • 8-hour playtime on 2 "AA" batteries  
**\$119<sup>97</sup>**

**Kenwood 1 Bit Rechargeable Portable CD Player with Digital Anti-Shock Circuitry and Wireless Remote**  
 • car accessory kit included  
 • backlit LCD display  
**\$229<sup>97</sup>**

**Sony Car Discman with Improved Anti-Shock System & Wireless Remote Control**  
 • digital Mega Bass  
 • dual illumination  
 • digital signal processing  
**\$249<sup>97</sup>**

## INCREDIBLE SELECTION OF WALK-A-BOOTS!

**Sony Walkman FM Stereo Radio with Local/Distant (DX) Switch**  
**\$11<sup>97</sup>**

**RCA AM/FM Stereo Cassette Player with Auto Reverse**  
**\$29<sup>97</sup>**

**AIWA Headband Stereo Radio with Super Bass Sound & AM Wide Band Tuner**  
**\$34<sup>97</sup>**

**Sony Sports Walkman AM/FM Stereo Cassette Player**  
**\$57<sup>97</sup>**

**Sharp AM/FM Stereo Cassette Player with Full Auto Stop & Stereo LED Indicator**  
**\$19<sup>97</sup>**

**AIWA AM/FM Stereo Cassette Player with Auto Reverse & Variable Super Bass Sound**  
**\$39<sup>97</sup>**

**RCA Digital Tuning AM/FM Stereo Cassette Player**  
**\$49<sup>97</sup>**

**Sony Digital Walkman with Auto Reverse**  
**\$69<sup>97</sup>**

**Sony Mini Powered Loudspeakers**  
**\$69<sup>97</sup> PAIR**

**Sony Mini Powered Loudspeakers**  
**\$119<sup>97</sup> PAIR**

**Panasonic AM/FM Mono Radio**  
**\$17<sup>97</sup>**

**"The Matterhorn" Altimeter Made by Timex**  
 • Built-in pressure sensor  
 • Depth meter  
 • Countdown timer  
 • Chronograph  
**\$19<sup>97</sup> SAVE 60%**

## SAVE ON CELLULAR PHONES!

**Motorola Classic Design Portable Cellular Phone with 15-Number Memory & Super Speed Dialing**  
 • 7-digit LED display  
 • 24-digit capacity for credit card dialing  
 • includes battery & AC/DC chargers  
 • with carrying case & VHS "How-To-Use" tape  
**\$79<sup>97</sup>**  
 Activation Required \$

**Panasonic Transportable Cellular Phone with Built-in Hands-Free Circuitry**  
 • battery & external charger included  
**\$129<sup>97</sup>**  
 Activation Required \$



**GE**

**Glass Shelf Refrigerator with Gallon Door Storage & Deluxe "Aque-Ice" Interior**

- 4 spill-glass shelves
- 2 vegetable/fruit pans
- utility bin & dairy compartment

**\$766<sup>97</sup>**

**TUKE1JASWH**

**GE**

**GE 24.0 Cu. Ft. "Profile" Series Refrigerator with Extra Energy Efficiency & Elegant Interior Exterior Styling**

**Profile™**

**FREE**

**\$50 BOND**

**with this purchase**

**TF25F86WW**



**Large Capacity Washer with White-On-White Styling & Clean Touch Controls**

- 4 temperature combinations
- infinite water level selections
- fabric softener & bleach dispensers
- Magic Clean lint filter & Surgilator 2-piece agitator

LE1724AQ

**\$399<sup>97</sup>**

**Whirlpool Large Capacity Electric Dryer with Automatic Drying & Clean Touch Controls**

- full-width door
- 7 cycles including damp dry & fresh guard
- 4 temperature settings including delicate & permanent press
- end of cycle signal

LE1724AQ

**\$399<sup>97</sup>**

## MICROWAVES/VACUUM CLEANERS



**Whirlpool Self-Cleaning Electric Range with Black Glass Door & Window**

- clock & timer
- adjustable heat grill (custom broil)
- upsway® & spill-guard top
- black porcelain burner bowls

RF9P20XYVU

**\$499<sup>97</sup>**



**Sunray 28" Space-Saver Electric Range**

- variable heat controls
- easy-to-remove plug-in surface units

GRS224KJ



**Hotpoint 30" Electric Range with Black Glass Oven Door & Analog Clock with Timer**

- easy to clean, lift-up cooktop

RB9330DW



**GE 30" Gas Range with Extra Large Oven & Self-Cleaning Electronic Ignition**

- electronic digital clock & timer
- lift-up cooktop with 2 rod supports

JGB5145ER



**Tappan Self-Cleaning Pilotless Gas Range with Sealed Burners & Full-Width Storage Drawer**




- "banquet size" oven with black glass door

W999-0090

**\$184<sup>97</sup>** **\$359<sup>97</sup>** **\$399<sup>97</sup>** **\$579<sup>97</sup>**

**CIRCUIT CITY®**  
Where Service is State of the Art®

**USE YOUR CIRCUIT CITY CREDIT CARD TODAY**

**Circuit City**   

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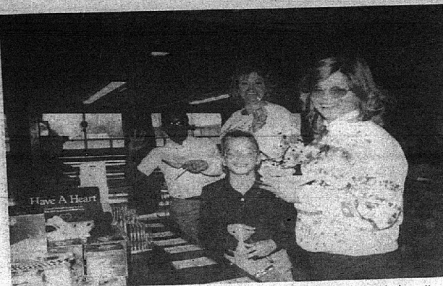
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Parents and students enjoy the annual "Santa's Workshop" at Holy Family. Foreground forward are, Darius Taylor, Dottie Lee, Nathan Smith and Karen Barger.

## Holy Family School has been busy

As the first semester of the 1993-94 school year comes to a close, Holy Family School has been a busy place.

As soon as the 340 students seemed settled back in August, work began on all aspects of the "Drug Free by 2000" program. The poster winners were Amanda Marti, first grade; Bridget Hopkins, second grade; Andy Marti, third grade; Ashley Austin, fourth grade; Sara Myers, fifth grade; and Jessica Wallace, sixth grade.

Holy Family also had several essays on "A Healthy Life Style" as winners city-wide. Kathy Webb, sixth-grade teacher, took first place in the adult category.

At the junior-high level, the school swept all three places with Jimmy Yobbi, first place; Bobby Basslet, second place; and a tie between Michelle Gail and Brian Hopkins, third place. In the kindergarten through third grade category, Braent DeGonia took first place and Joshua Hesse placed third. The student council and seventh and eighth grade students put together a first-place float in the elementary school division. In the midst of all this, the sixth, seventh and eighth grade girls were in the middle of their volleyball season.

October brought the beginning of the school-wide "Book-It" program and the independent, in-school, computerized reading program, "Accelerated Reader" for grades two through eight. Ribbon Week was celebrated as the whole student body signed a "drug-free" pledge. Thanks to the fourth-grade students for all the red ribbons that decorated the entire campus. Grades kindergarten through six celebrated Halloween with costumes, a parade and parties while our seventh and eighth grade students prepared for their annual "Haunted House."

November started with a special "All Saints Day" mass in which some of the seventh-grade students dressed as various saints and gave a short summary of their particular saint. As first quarter grades came to a close, parents came to their

child(ren)'s classroom(s) for parent/teacher conferences. Basketball practice for boys and girls teams, grades five through eight, were in full swing with games beginning soon after. Nov. 19 was a very special day at Holy Family. Teachers, students, staff, friends and family all helped celebrate "Principal's Day."

Sister Angelene, principal, was totally surprised with a full-day planned by Father Bill Fisherkeller, pastor. Sister Angelene's mother, two sisters and long-time friend, Sister Marilyn Jean, came in from out of town for this special day at Holy Family. A tree was planted on the school grounds in honor of Sister Angelene. The celebration of a special mass was followed by doughnuts and coffee for friends and teachers and doughnut holes for the students.

Eight students from the seventh and eighth grades began studying after school for Math Counts, in which they were to compete at Southern Illinois University at Edwardsville in February. First grade students (see SCHOOL, Page 10B)



Holy Family band students preparing for their performance at St. Clair Square, Fairview Heights, are, from left, Elizabeth Dochwat, Stephen Hartzel, Jada Foster, Erin Tyler, Kristen Thebeau and Katie Ronk.



Sister Angelene celebrates Principal's Day with friends and family. Pictured are, from left, Sister Marilyn Jean; her sister, Susan Klemm; her mother, Agnes Biderbost; Sister Angelene; her sister, Kathy Xarnis; and Father Bill Fisherkeller, pastor.



First-grade students perform "Good Things Come in Small Packages" during the all-school Christmas program.

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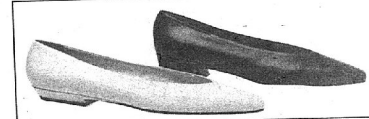
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## Parents should take time to prepare children to begin kindergarten classes

By Jane Cosby  
Correspondent



Taylor Foster

### In Valentine pageant

Taylor Michelle Foster, 2, participated in the Little Miss Valentine Beauty Pageant in Godfrey Jan. 23.

Taylor was awarded the Petite Miss Beauty Queen, most beautiful dress, most adorable, Miss Personality, first runner-up photogenic, first runner-up portfolio and High Point Princess.

Taylor was also crowned as the 0-2 year Baby Supreme Queen. Taylor will now be eligible to compete in the Kids of America National Beauty Pageant in St. Louis, July 21 through July 24, where more than \$30,000 in cash and prizes will be awarded.

Taylor is the daughter of David and Tina Foster of Granite City.

Some families are beginning to anticipate an event that comes with spring each year: the annual registration for children entering kindergarten the following year.

The adjustment to going to school every day used to be more traumatic when kids were used to staying home with mom. In today's world of day care and both parents going out to work, many children won't need the emotional preparation for kindergarten that was required years ago.

However, even kids accustomed to going to day care every day will notice regular school is different.

If you will be sending a child to kindergarten in the fall, you need to spend some time between now and then getting ready for it.

Take your child for a visit to the new

school during school hours. Ask to visit the current kindergarten room before or after school, so your child can observe the kinds of activities that take place there.

Let your child check out the kindergarten bathroom, the lunchroom if he will be eating there, the gym, the school library, the playground and the office. Explain what each place is for and when he would go there.

Arrange for you and your child to meet his kindergarten teacher before the first day of school. This may mean calling the school in August, getting the name of your child's teacher and making an appointment to visit her before the start of school.

Getting your child ready for the academic work in kindergarten is easy. If you have not been reading aloud to your child, start immediately.

Read to your child at least five times a week. These reading sessions should last from 10 to 20 minutes. This will prepare

your child for formal reading instruction and will build his attention span for schoolwork.

Make a point of counting with your child and discussing concepts of size: big, little, wide, thin, short, tall, more and less. This will prepare him for the math in kindergarten.

Talk to your child as you would a friend. Ask him about his feelings, thoughts and ideas about what is going on in his world. Help him learn to express concepts that are difficult for him to understand.

This will enable him to talk to the adults at school when he goes to kindergarten. Success in school will depend on his ability to communicate effectively with adults he does not know.

Start right now talking about school in a positive way. Never use school as a threat when disciplining your child. For example: "Wait till you go to school, you won't get away with that kind of behavior

there."

Emphasize the positive aspects of school, things like making friends with other children, learning to read, getting a new backpack or new school supplies.

Enlist the help of older siblings to help present a positive light on the subject of school. Although it may take some time, even the most reluctant schoolchild should be able to find something positive to say about school to help a younger sibling put on a brave face for his new world.

Jane Cosby is a former teacher and the mother of two.

If you have any questions or have a specific topic you would like to see covered in this column, please write to: ABCs For Parents, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.



Michael Phillips

### Selected to attend leaders' conference

Michael Phillips of Belleville has been selected to attend the National Young Leaders conference in Washington, D.C.

The National Young Leaders conference is a "hands-on" leadership development program for outstanding high school students who have demonstrated leadership potential and scholastic merit. Michael, a junior at Althoff Catholic High School, will be among 350 students attending the conference from across America.

He is the grandson of John Johansz of Granite City.

The theme of the National Young Leaders conference is "The Leaders of Tomorrow Meeting the Leaders of Today." Throughout the six-day conference, Michael will interact with key leaders and news-makers from the three branches of government, the media and the diplomatic corps.

Highlights of the program include welcoming remarks from a member of Congress on the floor of the House of Representatives and a panel discussion with prominent journalists at the National Press Club. Students will visit foreign embassies and receive policy briefings from senior government officials.

### Military

#### Maurice Berry

Army Sergeant Maurice L. Berry is the newly appointed Army recruiter for the U.S. Army Recruiting Station located at 4700 State St., East St. Louis, and is the recruiter responsible for Cahokia, Dupu and Columbia High schools.

Originally from East St. Louis, Berry is a 1964 graduate of Caruthersville High School, and has been in the Army since January 1966.

Berry took his basic training at Fort Jackson, S.C., and advanced individual training at Fort Gordon, Ga. His other military schools include the Primary Leadership Development Course, the Basic Non-Commissioned Officer's Course and the Army Recruiting School.

Berry's awards and decorations include the Army Commendation Medal, two Army Achievement Medals, the Good Conduct Medal, the Overseas Ribbon and the Army Service Ribbon.

He, his wife, Rose, and their two children, reside in East St. Louis.



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## ENTERTAINMENT

## Horoscope

**Wednesday, March 2**  
Making a solid effort gets you farther than simply relying on luck. It's a great day for investigating investments, job benefits or retirement programs. Read a good mystery. Apply for credit or loans, and make a new budget. Your emotional intensity impairs your objectivity in family matters. Couples enjoy special moments. It's a fine evening for that intimate dinner for two.

**ARIES** (March 21-April 19). It's an excellent day to review your financial status with an eye to improving patterns. Warm and intimate company is enjoyable, but overpossessiveness isn't good for either of you. A fellow Aries understands.



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**TAURUS** (April 20-May 20). Suspend your judgment on your partner's doings, and trust the judgment of others in general. Learn something new. Your eyes are sharp, and you're good at details. Expect interruptions to your routine—in fact, enjoy them! **GEMINI** (May 21-June 21). It's a particularly clever day for you, so tackle problems with confidence. Your routine can be streamlined. Rearrange your closets and handle a health difficulty with the dispatch. Help kids with their homework tonight. **CANCER** (June 22-July 22). Money management is today's hot topic—you may be helping your parents or relatives feel secure while holding down your own fort as well. Original thinking is especially productive—but try your luck, too. **LEO** (July 23-Aug. 22). New faces and new places bring inspiration. Stroll down a new street to a new cafe or shop. Repairs are made more easily than you expected. Write letters, and expect a great financial opportunity or good credit.

**Today's birthday (March 2)**  
The key to success is being goal-oriented—be ready to jump right in and try. In March, an older relative needs you. In April, you reaffirm your ambitions, make wardrobe purchases and turn over a new leaf. Put a new plan into action in May. In June and July, develop new methods and secure your home base. August brings a raise or a new and better job. Next fall, choose a subject, and study!

**VIRGO** (Aug. 23-Sept. 22). You finally get your point across to important associates. The proper attitude toward constructive criticism makes you look good. Modesty wins in the end. Loyalty is the ticket to your success now. Show devotion. **LIBRA** (Sept. 23-Oct. 23). Have fun with a fellow Libra—it'll brighten your life and increase your confidence. You're looking great these days, and you may find a new romance at work—this is where you exude charisma. **SCORPIO** (Oct. 24-Nov. 21). Stretch that budget so that plans for the future will work out. You want to be able to take care of the unexpected needs that will come up. You can take chances, but being economical always pays off.

**SAGITTARIUS** (Nov. 22-Dec. 21). Extra pleasure in your work comes through making a solitary effort, polishing completed projects and tying up loose ends. Extend your influence with your family. All projects in which you are the teacher are favored. **CAPRICORN** (Dec. 22-Jan. 19). Access to inner circles helps you see how decisions are made at the top. Take a management course, or resolve to increase your career potential. Ask for reference letters, and you'll get favorable replies.

**AQUARIUS** (Jan. 20-Feb. 18). Even your best friends find you distant and cool sometimes. Practice a warmer approach. Your influence is growing. Listen to sales pitches, but don't buy anything until you've checked out all the facts.

**PISCES** (Feb. 19-March 20). A good friend with whom you have a strong common bond gives you insight into your own needs and character. Your popularity is flattering; you know how to dazzle the crowd with an air of glamour and mystery.

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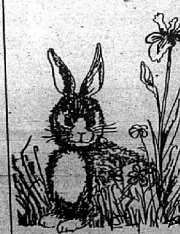
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# Today's Food

Wednesday, March 2, 1994

## Food & Nutrition

### Wise Ways

Linda Blumenberg gives a rundown on how to make healthy improvements in many baked products.

INSIDE

### Living Lean for Adults

Tricia Guffey tells how to perk up winter-weary eating by coloring it bright and healthful with fruits and vegetables.

INSIDE

### Blue Ribbon Cook

Cheese tops a creamy spinach dish that comes from the oven with winning delight.

INSIDE

### Private Label Test Run

Pancakes can be a weekday treat with a complete mix that needs a quick stir with only water. See if the Shop 'n Save brand served up a light, hearty, delicious stack for readers.

INSIDE

### Micro Raves

If you dust it, you should use it, says Kathy Hanewinkel. Follow her step-by-step rules to upgrading your microwave proficiency.

INSIDE

### Lively Taste

Perky palates can lunch on familiar tuna. Stir together a well-drained 6-ounce can of water-packed tuna, ½ cup picante sauce, ¼ cup dairy sour cream and ½ teaspoon cumin. Serve with vegetable dippers or crackers.

## Health & Fitness

### Fresh Picks

Lemon adds zest to seafood. When poaching fish, squeeze fresh lemon juice into the poaching liquid to season and keep fish white in color. Squeeze fresh lemon juice over seafood salad just before serving to freshen flavor.

### Medicine Chest

Caffeine in coffee, tea, soft drinks and chocolate can keep people awake or relieve a headache. Rebecca Coley looks at its range of effects.

INSIDE

### Big Fat Tip

Encourage your taste buds to indulge in sprightly flavors. Add a slaw dressing of 2 tablespoons sugar, ¼ teaspoon salt, 3 tablespoons cider vinegar, 1 tablespoon oil and ¼ teaspoon celery seed to 4 cups shredded cabbage.

### Future Shop

Vanilla continues to be chosen in 30 percent of ice cream sales. But watch exotic tropical flavors pick up. Mango tango (with tangerines) and kiwi colada are typical palm-tree inspirations.



## Come to brunch

By Janice Denham  
Staff writer

When Midwesterners are ready to trade a snow shovel for blooming crocuses — but they know better than to make a permanent deal — it is time to break out of winter's mold.

There is no better way to waltz into March than with brunch.

Like the beat of a waltz, there are three light steps to making the event work.

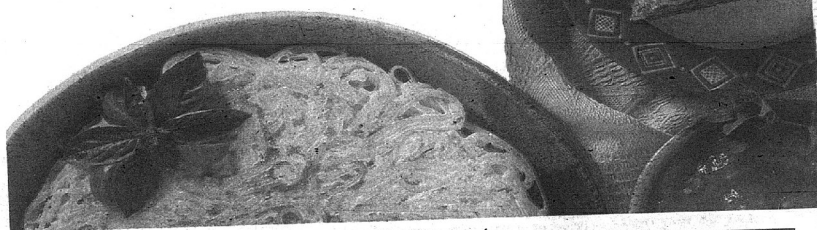
First, plan a simple menu at a convenient time of day. Brunch is a sprightly event any time before 2 p.m. that does not need hefty food for satisfaction. A few easy dishes suffice. Invite a few or many. Prepare more of a simple menu, rather than extending the set with more items.

Frittata made with linguine can be prepared by the frying pan-ful. Just have pasta cooked and ingredients ready to go. Roast turkey breast makes an easy main dish for an event starting at noon-ish or later. Muffins can be made days in advance if necessary, frozen, then warmed when guests arrive.

Second, get flavor kick from colorful variety. Add a sprightly fruit sauce to roasted turkey breast. Brightly hued fruit designed for cool emphasis or spicy warmth sits graciously alongside almost any other type of food. Warm a tomato sauce for serving with the frittata.

Third, the first glow of the season's warmth brings the realization that winter was spent making New Year's resolutions about healthy eating that need to be kept in the spring. Simple, delicious, healthful recipes create a feast. March is

SEE BRUNCH,  
INSIDE  
TODAY'S FOOD  
PAGE 2



## Kids' Cuisine

### Brunch attracts kids, too.

The homey atmosphere of brunch makes it ideal for family invitations. Appeal to children with foods that fit smaller appetites.

Minimuffins bake in about half the time of the adult-sized versions. A stack of peanut butter and jelly sandwiches can be cut in shapes by cutter or freehand. Spear pieces of fruit — a small strawberry, half an orange segment or piece of melon — with a stick pretzel instead of a wooden pick for safety. If serving french toast, have bread cut in shapes for the small fry.

A new product is refrigerated ready-to-bake cookies with a center of a teddy bear or dinosaur. Notched for consistent slices, they provide perfect results every time with no frosting necessary.



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## Good Health

## Spices, orange sauce uplift spring chickens

By KAREN COLLINS

Good nutrition is vital to good health, yet nutritious foods do not have to take the joy out of eating. Gourmet cooks know delicious, healthful meals can be flavorful and festive, rather than bland and boring.

Gourmet cooking encourages people to explore a greater variety of flavors and foods—many of which can add important new sources of vitamins, minerals and fiber needed daily.

Variety is important in wholesome eating. With the healthful recommendation of five to six servings per day of fruits and vegetables, new ideas are helpful.

For instance, adding chopped spinach to tomato soup or grapefruit sections to a tossed salad are simple but sensational ways to boost nutrition while adding a bit of elan to a meal. Take the plunge and try exotic produce like mangos, arugula or kohlrabi. Enjoy distinctive flavors while benefiting from the abundant nutrients.

Lots of whole grains are also key to eating for good health. New grain ideas extend beyond traditional bread, rice and cereal.

Fish filets stuffed with brown rice and Swiss chard,

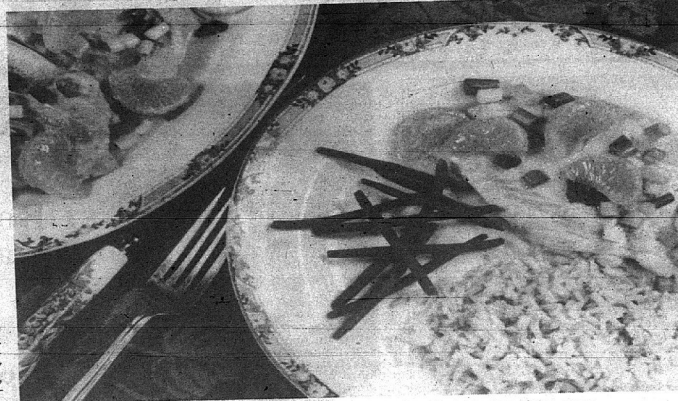
or pasta primavera prepared with whole grain pasta and lots of broccoli, carrots and multi-hued peppers are just two good examples. Bulgur pilaf, aromatic basmati rice salad and whole wheat French bread add fiber in high-culinary style.

Legumes, once considered a poor man's meat, now are stars. Low-fat, protein-rich beans and peas are featured in chic dishes like black bean chili, lentil salad or minestrone with white kidney beans.

A food aficionado considers a meal complete with a scrumptious fresh fruit dessert. Poached pears with orange sauce, minted melon and pumpkin custard are a few sumptuous ideas on a list that goes on and on.

To enhance the natural flavors of fresh, wholesome foods, a cook relies on a host of seasonings to give a special touch. From freshly ground pepper to cilantro, from herbed or fruited vinegars to seasoned mustards—all are flavor enhancers that add just the right spark to a simple dish.

Chicken with Orange Sauce gives an easy yet elegant presentation to boneless chicken breast halves. Serve with basil green beans and



Chicken takes a sprightly spring attitude with high-class citrus sauce.

brown rice for a colorful, balanced winter dinner. Substitutes can be turkey for the chicken, or pineapple and pineapple juice for oranges and orange juice. For a fresh brochure of

easy tips on delicious eating for lower cancer risk, send a self-addressed, stamped envelope to: American Institute for Cancer Research, Department TT, Washington,

D.C. 20069.

## CHICKEN

## WITH ORANGE SAUCE

- 1/2 cup minced spring (green) onion
- 1 tbsp. margarine
- 4 skinned, boned chicken breast halves
- 4 tsp. cornstarch
- 1 tsp. brown sugar
- Pinch ginger
- 1/4 tsp. cinnamon
- 1 cup orange juice
- 1 tsp. lemon juice
- 1 can (11 oz.) mandarin orange slices, drained

Melt margarine in large skillet. Cook chicken at medium heat 4 to 5 minutes. Turn chicken. Place onion around chicken in skillet. Cook 4 to 5 minutes longer until chicken is browned and onion is tender. Remove chicken and onion. Keep warm.

Combine cornstarch, brown sugar, ginger, cinnamon, and orange and lemon juices in small saucepan. Bring to boil, stirring constantly. Boil 1 minute. Remove sauce from heat. Stir in oranges. Arrange chicken on serving dish. Pour sauce over them.

Registered dietitian Karen Collins reviews this material for the American Institute for Cancer Research in Washington.

## Test Run

## Pizza gets nod anytime

Frozen pizza is a staple for the '90s. And a frozen pizza that tastes good and is economical would be a sure fire hit. Dierbergs 19-inch sausage pizza seems to fit that bill.

The Dierbergs pizza is the subject of this week's Test Run in the *Suburban Journals*. The pizza, made with 100 percent real provolone and mozzarella cheese, sells for \$3.99, about a dollar less than comparably sized, name brand pizzas.

Kirkwood resident Debbie Perkins liked everything about the pizza. "It had a great flavor. The cheese and the sausage were very good and I liked the thin crust. I don't like the deep dish crust," she said.

Perkins served the pizza to friends. "We actually ate it about 3 a.m. We had guests over and we got hungry. Everybody liked it."

Perkins said she would definitely buy the pizza herself. Webster Groves resident Paula Andrews said two of her children, teenagers Maura and Jamie, enjoyed the pizza.

"It cooked up very well,"



Frozen pizza is easy to keep on hand for hunger pangs at midnight.

she said. "It looked good." Andrews said her children liked the pizza as well as the name brand pizzas she buys, and liked it better than some other store brand pizzas.

The crust was especially good, she said. "It even sounded crunchy."

Andrews said they weren't crazy about the sausage, but that wasn't the pizza's fault. "They prefer pepperoni," she said.

Andrews buys frozen pizza every week. "You have to have it on hand because you don't know when people will be eating dinner."

Andrews said she normally makes a selection based on price or a sale, and said the

Dierbergs pizza price was very competitive.

Pat Villmer from Glendale said the pizza was quite satisfactory.

"The sausage could have had a little more oomph I guess and I like more cheese—but it was good. And it's really a good buy," Villmer said she usually buys Lucia's pizza, but she would buy the Dierbergs pizza.

She said even her son Todd, who's very particular about his pizza, thought the Dierbergs pizza was pretty good.

## Living Lean for Adults

By TRICIA GUFFEY

## Revive winter meals with perky fruits, vegetables

Revamping a tired, worn-out winter eating routine starts with treating yourself to more fruits and vegetables.

Real health and beauty benefits come from eating fruits and vegetables. Few foods offer so many vitamins and minerals for such low-calorie cost. Except for coconut, avocados and olives, all fruits and vegetables are naturally almost void of fat—which means you can kiss calories goodbye. An added beauty boost is that fruits and vegetables are 90 percent water, a deficient nutrient for most people.

Face it: It's hard to work toward more beautiful skin, hair and eyes and a trimmer shape when you eat lots of fat-laden cheese, fried foods and bakery items.

For example, a woman who snacks on an orange instead of an ounce of potato chips gets a hefty dose of potassium, fiber and vitamin C from that orange—all for only 60 calories, and neither fat nor sodium. The potato chips are a dietary disaster with 148 calories, 10 grams

fat and 133 milligrams sodium—and literally no other redeeming values.

From a health perspective, fruits and vegetables are winners, too.

They contain antioxidants, powerful agents such as beta-carotene and vitamin C that help protect against cell damage leading to heart disease and cancer. Beta-carotene gives yellow and orange color to carrots, sweet potatoes, pumpkin, apricots and winter squash. It also is found in deep-green veggies like broccoli and spinach.

Vitamin C is found mainly in citrus fruits like oranges and grapefruit, but also in peppers, tomatoes, cantaloupe and cabbage.

It is estimated that more than one-third of all cancers can be tied to what we eat, so why not head for the fruits and veggies with all their good components?

Despite all this good news about fruits and vegetables, in this country we still only eat about half the recommended minimum five serv-

ings daily.

It's kind of surprising, given how affordable, great-tasting and healthful they are. A "serving" is only 1/2 cup juice, a small apple or potato, or a cup of salad.

Some are not as easy to serve as others. For example, the American Heart Association will begin its eighth-month series of "Love Eating" cooking classes in March at the Missouri Botanical Garden.

Classes meet from 11 a.m. to 12:30 p.m. on the last Wednesday of each month. Admission to the garden that morning and to the class is free.

For more information or to register, call 45-HEART or toll-free (800) 255-9919 from outside St. Louis.

Tricia Guffey is registered dietitian with the St. Louis Chapter of the American Heart Association.

## Brunch

Continued from page 1C.

By Janice Denham

Staff writer

National Nutrition Month. Eating is fun. Eating delicious foods that help people keep their healthful resolves is worth celebrating.

These brunch ideas include pork-free egg product to keep down fat, bran cereal to increase fiber and fruits and vegetables that add delightful eating to everyday or special meals. For more recipes featuring apricots—a good source of potassium and beta-carotene—send a stamped, self-addressed, business-size envelope to: California Apricot Advisory Board, Department Q, 1290 Boulevard Way, Walnut Creek, Calif. 94595.

For more low-cholesterol recipes, send name, address and \$1 to: Egg Beaters Recipe Book, P.O. Box 7140, Clinton, Iowa 52736.

## SPICY APRICOT CHUTNEY

- 2 tsp. olive oil
- 1/2 cup chopped onion

- 1 jalapeno pepper, minced
- 2 tsp. minced ginger root
- 2 tsp. minced garlic
- 1 tsp. firmly packed dark brown sugar
- 1/2 tsp. dry mustard
- 1/2 tsp. cinnamon
- 1/2 tsp. cloves
- 1/2 cup cider vinegar
- 1/2 cup water
- 1/2 cup currants
- 2 cans (17 oz. each) apricots in light syrup, well drained, dried

In large skillet, heat olive oil. Add onion, pepper, ginger and garlic. Cook, covered, over medium heat about 5 minutes until vegetables are tender.

In separate bowl, combine brown sugar, mustard, cinnamon and cloves. Add to skillet with vinegar, water, currants and apricots. Simmer, uncovered, 25 minutes or until most of liquid has evaporated.

Spoon into nonmetal container. Cool completely. Cover. Refrigerate up to 2 weeks.

Serve as condiment with poultry or pork.

Makes 2 cups; 114 calories, 7 mg sodium, no cholesterol, 1 g fat (8 percent calories

from fat) and 1 g dietary fiber per 1/4-cup serving.

## CARROT-BASIL MUFFINS

- 1 1/2 cups 100 percent bran cereal
- 1/4 cup skim milk
- 1/4 cup shredded carrot
- 1/4 cup (1/2 stick) margarine, melted
- 1/4 cup pork-free egg product
- 1/4 cup flour
- 2 tsp. sugar
- 2 tsp. baking powder
- 1 tsp. leaf basil

Preheat oven to 400°. Grease 12 muffin cups.

In medium bowl, combine bran, milk, carrot, margarine and egg product. Let stand 5 minutes.

In large bowl, blend flour, sugar, baking powder and basil. Stir in bran mixture until just blended. Spoon into prepared muffin cups. Bake in preheated oven 20 to 25 minutes until done. Serve warm.

Makes 12 muffins; 130 calo-

ries, 130 mg sodium, 1 mg cholesterol, 4 g fat (28 percent calories from fat) and 4 g dietary fiber each.

## LINGUINE FRITTATA

- 1 can (28 oz.) no-salt-added stewed tomatoes
- 1 tsp. cornstarch
- 3/4 cup pork-free egg product
- 1/4 cup skim milk
- 3 tsp. grated parmesan cheese
- 1 tsp. chopped parsley
- 1 tsp. grated lemon peel
- 1 tsp. pepper
- 4 oz. uncooked linguine
- 1/2 cup (2 oz.) shredded part-skim mozzarella cheese

Cook linguine according to package directions. Drain.

In medium saucepan over medium heat, heat tomatoes and cornstarch until mixture thickens and begins to boil.

In large bowl, combine egg product, milk, parmesan, parsley, lemon peel and pepper. Add pasta, tossing to coat well.

In 10-inch nonstick skillet, melt margarine. Add half pasta mixture. Flatten with spatula. Sprinkle with mozzarella. Top with remaining pasta mixture. Cook, covered, about 8 minutes until bottom and sides are browned. Slide omelet onto large plate. Invert skillet over plate and turn over together. Cook, uncovered, about 8 minutes until browned.

Slide omelet onto serving platter. Serve with warm sauce.

Makes 4 servings; 259 calories, 279 mg sodium, 11 mg cholesterol.

## STREUSEL COFFEE CAKE

- 1 1/2 cups 100 percent bran cereal
- 1 cup applesauce
- 1 cup skim milk
- 1 cup pancake syrup
- 1/2 cup (1 stick) margarine, melted
- 1/2 cup pork-free egg product
- 2 1/2 cups flour

- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cinnamon
- Streusel Topping

confectioner's sugar glaze, if desired

Preheat oven to 350°. Grease 9-inch springform pan.

Mix bran, applesauce, milk, syrup, baking powder and cinnamon. Stir in egg product. Let stand 5 minutes.

In large bowl, blend flour, baking powder, baking soda and cinnamon. Stir in bran mixture. Spread batter in prepared pan. Sprinkle with Streusel Topping.

Bake in preheated oven 1 hour 10 minutes or until toothpick inserted comes out clean. Shield top of cake with foil to prevent overbrowning last 15 minutes. Cool in pan on wire rack 10 minutes. Remove side of pan. Cool completely on wire rack.

Drizzle with confectioner's sugar glaze.

Streusel Topping: With mixer, beat 1/4 cup margarine and 1/4 cup sugar until creamy. Stir in 1 cup bran, 1/2 cup chopped walnuts, 1/4 cup flour and 1/2 teaspoon cinnamon.



## Wise Ways

By LINDA BLUMENBERG

## Less fat and sugar still bakes up tasty sweets

Some of my favorite recipes contain more fat, salt or sugar than I want to eat. Instead of giving them up completely, I look for ways to make healthy improvements without affecting the basic dish.

A simple change in cooking or ingredient substitution is often all I need. Chances of success are best when the why and how of the recipe make-over is considered.

Recipes like casseroles and soups are more flexible. A cookie recipe is more adaptable than a cake recipe. Recipes for most baked products can be altered, but recipes for pickles, jellies and most candies should not be changed.

Traditional expectations may not be met when a recipe is changed.

For example, a cake or cookie with less fat or sugar still tastes and looks good — but not the same as the original. Substituting skim milk for whole milk in pudding soup and sauce gives a product less rich and creamy.

Food scientists have found most people do not notice much difference or do accept the difference resulting from the following kinds of changes:

- Reduce sugar by one-third. If a recipe says 1 cup, I use  $\frac{2}{3}$  cup. This works best in canned and frozen fruits and puddings and custards. In cookies and cakes  $\frac{1}{2}$  cup sugar per 1 cup flour. A little extra vanilla, cinnamon or nutmeg enhances flavor when sugar is reduced.

- Reduce fat by one-third. If a recipe calls for  $\frac{1}{2}$  cup, I try  $\frac{1}{4}$  cup. This works best in gravies, sauces, puddings and some cookies. For cakes and quick breads, the ratio of 2 tablespoons fat per one cup flour works well.
- Omit or reduce salt by one-half. For example, if a recipe says  $\frac{1}{2}$  teaspoon, I use  $\frac{1}{4}$  teaspoon or less. Gradually reducing the amount of salt I use in cooking has made this change easier to accept. Herbs and spices add flavor otherwise overpowered in a heavily salted dish.

Sometimes tinkering with salt is not advisable. Salt helps preserve pickles, so it should not be reduced. Likewise, some salt is essential in yeast breads to control the rising action of the yeast.

• Use part whole grain and bran flours. Whole wheat flour can replace one-fourth to one-

half the all-purpose flour. In a recipe that calls for 3 cups all-purpose flour, I may use  $1\frac{1}{2}$  cups whole wheat flour and  $1\frac{1}{2}$  cups all-purpose flour.

Readers who want more information on recipe make-overs can send a self-addressed, stamped envelope to: Linda Blumenberg, Revitalize Your Recipes, 211A E. 3rd Street, Montgomery City, Mo. 63361.

## APPLE-SOUR CREAM COFFEECAKE

**Topping**  
 $\frac{1}{4}$  cup (vs.  $\frac{1}{2}$  cup) sugar  
 $\frac{1}{4}$  cup (vs.  $\frac{1}{2}$  cup) chopped walnuts  
 1 tsp. cinnamon

**Cake**  
 $\frac{1}{2}$  cup (vs.  $\frac{1}{2}$  cup) margarine  
 $\frac{1}{2}$  cup (vs. 1 cup) sugar  
 1 (vs. 2) eggs  
 1 cup plain low-fat yogurt (vs. sour cream)  
 1 cup (vs. second cup all-purpose) whole wheat flour

1 tsp. baking soda  
 1 tsp. baking powder  
 0 (vs.  $\frac{1}{2}$  tsp.) salt  
 3 medium apples, peeled, sliced (3 cups)

Preheat oven to 375°. Grease 10-inch tube pan or 12-cup fluted tube pan.

Combine  $\frac{1}{4}$  cup sugar, walnuts and cinnamon.

Cream margarine and  $\frac{1}{2}$  cup sugar. Add egg and yogurt, beating well.

In separate bowl, combine all-purpose and whole wheat flours, baking soda and baking powder. Mix into yogurt mixture.

Spread half batter in prepared pan. Sprinkle with one-third topping. Arrange apple on top. Sprinkle with one-third topping. Spread remaining batter carefully over apples. Sprinkle with remaining topping. Bake in preheated oven 35 to 45 minutes until toothpick inserted in cake comes out clean.

Makes 12 servings; 236 calories, 4 g protein, 38 g carbohydrate, 8 g fat (29 percent calories from fat), 24 mg cholesterol and 176 mg sodium each. Originally, 1 serving contained 343 calories, 5 g protein, 47 g carbohydrate, 16 g fat (42 percent calories from fat), 75 mg cholesterol and 287 mg sodium.

Certified home economist Linda Blumenberg is nutrition specialist for University of Missouri in Montgomery County.

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## Cup of Coffee

By JANICE DENHAM

## *'Yiddish Cuisine' upholds Jewish cooking tradition*

"Yiddish Cuisine" is a labor of love for Rabbi Robert Sternberg as he remembers the flavors from his family's kitchen. It also inspires the celebrity and honor this ethnic cooking brings to the table.

The executive director for the St. Louis Center for Holocaust focuses on bringing Jewish food into the gourmet kitchen on its own merits.

"With an increased interest in gourmet food due to the availability of a variety of kosher foods, Jews wanted to embrace it in a kosher context, but they were making kosher equivalents of other cuisines. This (book) raises their level of gourmet food to include their own community cooking as one with quality," he says.

There is a more universal purpose, too.

"The Holocaust destroyed the Yiddish-speaking world for all time. Their traditions were wiped out," he says.

"Because the communities that live today are so diverse and varied, the regional peculiarities have largely disappeared. Part of what 'Yiddish Cuisine' has done is to evoke those traditions of the past that were wiped out and to celebrate them and help people embrace and reconnect with them."

Sternberg draws on the traditions of his own family. The book shines with references to his own mother, grandparents and aunts.

His grandparents' roots were in Litte, where subtle seasonings with fresh herbs and accents of Scandinavian included wide use of dill and featured the use of potatoes for potato bread and kugels.

for potato bread and kugels. Southern and central Polish cooking shows a broad blend of flavors with German influences. There is more sweet-sour flavoring, slightly heavier garlic and paprika, and herbs like juniper berries used in marinades. Move on to Hungarian and Czechoslovakian flavors with heavier use of garlic, whole sweet marjoram and paprika for pungent tastes.

The Balkan influence in Romania and Bessarabia is shown in eggplant salads and wide use of sweet peppers. The Ukraine is the first region of Yiddish cuisine where dark breads abound, reflecting locally rich and robust flavors.

Sternberg says the stereotype of Jewish food — pot kugels, matzo balls and meats — reflects the sign of abundance all nationalities exhibited when they left their European roots for America.

"Jewish immigrants ac-  
ed American eating ha-  
In Europe nobody ate  
way. A dish like kugel, n-  
of potatoes or noodles, w-  
main dish for poor peopl-  
America it became a  
dish to serve with tw-  
three kinds of meat,"  
says.

He emphasizes the intensiveness of the original sine with its emphasis on simplicity, fresh ingredients and natural flavor.

He sees the recent m

## Good nutrition benefits exercise

Exercise and eating right work together. Contrary to former practice, eating a candy bar or a few tablespoons of honey is not one of the best ways to get a quick burst of energy before a workout or competition.

Eating this can cause a temporary rise in blood sugar, which causes insulin to rise rapidly. This combination with exercising muscles actually can result in blood sugar going lower than normal, resulting in rebound

The best high-energy fuel for exercise is food rich in carbohydrates and low in fat. A plain bagel fills the requirement, while vegetables, a pizza and granola bars are high in carbs, but also can be high in fat.

tion of Russian Jews as a boon to the true kosher market. They bring a knowledge of authenticity in foods like farmer's cheese, smoked and pickled fish, and even jams from Poland and Hungary.

Recipes in the book are, like his kitchen, kosher. He uses them as a sign of Jewish culture, rather than ethnicity.

He will share recipes from his book in several classes. On March 9 and 16 he will appear at west county Dierbergs cooking schools. He

will lecture on Yiddish cuisine and share an Eastern European tea at 2 p.m. March 20 at Barnes and Noble, 8871 Ladue Road. On April 26 he will cook a meal with Romanian accents at

the Kitchen Conservatory in  
Clayton.

**"Yiddish Cuisine: A Gourmet's Approach to Jewish Cooking"** (Aronson, \$30) is available at local book stores.

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# Micro Raves

By KATHY HANEWINKEL

## Progress rule to rule and gain microwave 'degree'

Reading that the microwave oven is the most underutilized appliance in the kitchen is disturbing.

What is most troubling is that up to 10 percent of microwave oven owners do not even turn them on. What a waste! My motto is that anything that needs dusting needs to be used.

There is good news though. More than 90 percent of homes and offices probably have a microwave oven. And where there is a microwave, there is hope.

The first obstacle to using a microwave is to pick one you will use. Today's prices are affordable. Buy one that seems easy to use, has enough features you will use, and that when you decide to cook with it, you can.

That's rule No. 1.

Here are nine more easy rules to send you off to microwave.

2. Learn to use it. Read the book that came with it. Learn to set the clock. Learn to heat up leftovers, coffee, tea, soup and microwave popcorn. From there you can take on the world. Going to a class is fun and informative, too.

3. Cook bacon. A bacon rack — available at kitchen shops in the mall — makes you feel efficient, but don't worry if you don't have one.

Crumple white, non-recycled paper towels. Lay 4 strips bacon over them, put a paper towel flat on top to catch spatters. Cook 4 minutes on high power. Some people skip the crumpled towels and use an upside-down saucer, but the towels

make cleanup a breeze.

4. Soften and melt. Use medium (50 percent) power. Soften ice cream or cream cheese, melt butter or baking chocolate to use in a recipe.

5. Go to leftovers. Arrange a plate of food to resemble a doughnut — with a hole in the center. Cover with paper towel to avoid spatters. Start heating on high power 90 seconds and see what needs to be learned — and makes a quick meal.

6. Heat tea or instant coffee. This is so easy that if you haven't done it yet, you should go to rule #2 and get with the system. One cup liquid should be hot enough in 90 seconds.

7. Try vegetables and fruits. Commitment kicks in here. One medium-large

potato cooks in 4 to 5 minutes, a large apple in 2 to 3 minutes on high. Before cooking, pierce the skin in a few places.

8. Defrost by button. Older ovens have a level and you decide how long. Remember the appliance cooks food, so use a minimum time. New ovens have a feature that figures the time automatically when you tell it the food's weight. It even prompts you to turn or break up the food.

9. Graduate to grains.

These are wonderful for clean cooking — no stirring or spattering. Try rice. Place 1 cup rice and 2 cups water in a large bowl. Cover with waxed paper. Microwave on high power 5 minutes, then medium-low (30 percent) power 15 minutes.

10. Get to meat of the matter. Cook a chicken. A 3-pounder should take 20 to 30 minutes at medium-high to high power, depending on size and whether or not it is cut up. Season as you like.

Its pale skin can be a teaser, but the bird should be done. Its light color doesn't matter because you should get rid of it for health reasons anyway.

10a. Bonus: popcorn. Use the microwave variety or the fresh stuff in a microwave popcorn popper only.

Graduation day. Pick up your diploma and consider yourself an expert.

Home economist Kathy Hanewinkel is a microwave specialist.

### STUFFED PIZZA

- 2 loaves (1 lb. each) frozen bread dough, thawed
- 2 tbsp. butter or margarine
- 4 cups (1/2 lb.) sliced fresh mushrooms
- 1 cup sliced yellow onion
- 4 cloves garlic, crushed
- 4 cups (1 lb.) shredded mozzarella cheese
- 1/2 cup grated parmesan cheese
- 2 tsp. garlic powder
- 1 lb. Italian sausage, cooked, drained, sliced in bite-size pieces
- 1 cup pizza sauce
- 3 tbsp. fresh or 3 tsp. dried basil

Preheat oven to 375°. Grease baking sheet.

Saute mushrooms, onion and garlic in melted butter until vegetables are very limp. Drain.

On lightly floured board, roll 1 loaf of dough in 14-by-10-inch rectangle. If dough shrinks back, let rest and roll again.

Fold dough in half. Transfer to greased baking sheet. Unfold dough to rectangle.

Top with 2 cups mozzarella, 1/4 cup parmesan and 1 teaspoon garlic powder, leaving 1-inch border around sides.

Top with sausage, reserved vegetables, pizza sauce and basil. Sprinkle with remaining mozzarella and parmesan and garlic powder.

Roll remaining loaf in 14-by-10-inch rectangle for top crust. Place over pizza. Firmly seal bottom to top crust.

With sharp knife, make small slits in top crust for steam to escape.

Bake in preheated oven 30 minutes.

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## Medicine Chest

By REBECCA COLEY

# Caffeine in common food hits highs in drinks

Caffeine is a natural substance, so it is classified as both a drug and a food. Even everyday foods like coffee, tea, soft drinks and chocolate contain it.

Caffeinated soft drinks contain 30 to 65 milligrams caffeine per 12 ounces (1½ cups). Colas are the primary holder of caffeine, but even a "clear" soda like Mountain Dew holds a plentiful supply. Sprite, 7-Up and Vess lemon-lime and colas advertised as decaffeinated are among sodas without caffeine.

Coffee contains 85 to 200 milligrams caffeine per 5-ounce serving — a little more than ½ cup — depending on how it is prepared. A generously-sized mug of coffee can add as much as 600 milligrams caffeine.

The same amount of decaffeinated coffee contains less than 3 milligrams caffeine. Tea has 20 to 50 milligrams caffeine in 5 ounces.

Longer brewing yields higher caffeine intensity, so a short time for seeping or running over tea leaves or coffee granules can minimize the amount. An insulated pot helps keep flavor at an optimum.

Wherever there is chocolate, there is caffeine. Because it is not listed among the ingredients on a label, it is hard to track its intensity at a glance.

A recurring myth is that chocolate hides a lot of caffeine. Although it is naturally present in the cocoa bean, a five-ounce cup of hot chocolate has only 4 milligrams

caffeine and a 1.55-ounce Hershey's milk chocolate bar has 10 milligrams.

Less than 200 mg caffeine is generally considered safe. A person who imbibes 600 to 1,000 milligrams sodium may be more alert and have increased muscle tone, but also may have unwanted effects — like insomnia, restlessness, irritability, nervousness, tremors and headaches.

The body quickly adapts to the effects of caffeine, so it becomes dependent on those cups of coffee in the morning. Reducing intake slowly lets the body adapt. Abruptly changing caffeine intake can lead to withdrawal symptoms of headache, fatigue, drowsiness and irritability.

Headache relief products contain caffeine. Studies over

the last 20 years have shown caffeine decreases the amount of painkiller needed. Consumers — such as those with arthritis — who use large amounts of pain relievers should avoid products with caffeine.

Stimulant products that rely on caffeine should be used short-term only. Cautions on their labels should be heeded.

Caffeine can interact with some prescription drugs, so it may be wise to check with your physician or pharmacist before dramatically altering caffeine intake.

Registered pharmacist Rebecca Coley is assistant professor of pharmacy administration at the St. Louis College of Pharmacy.

## Blue Ribbon Cook

# Canned spinach a winner with 1990s-style baking

Gail Wilkerson, House Springs, is the winner of this week's recipe contest for Spinach Bake. For it she wins a prize of dinner certificates at the Pasta House Company.

A few ingredients and an easy stir turn even canned spinach into baked perfection. It is easy to double the mixture and bake in a shallow dish, although it helps to drain some of the vegetable juice when multiplying the mixture.

Recipes in the Rice Recipe Contest will be accepted through March 31 for consideration as winner each of the four weeks in April.

Send one recipe per household to: Rice Recipe Contest, 144 Deer Tracks Trail, St. Louis, Mo. 63131. The recipe dish can be served cold or hot, part of the meal or an appetizer or dessert.

Type or print the recipe legibly on one side of the paper. Include name, address and telephone number on the entry. Name the Journal you receive. Be sure to double-check the recipe as it is written for both amounts and directions, including any variations that make this dish special.

If there is a history to the recipe, it will be considered part of the entry. Along with taste and eye appeal, it will

be the basis for selecting winners. Originality will be considered, although the recipe need not be original. If possible, name the source of the recipe.

Winners are notified by mail. Duplicate entries will be considered on the basis of earlier entry or best compliance with the rules.

Contest winners may enter again six months after their prize-winning publication date.

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### Speakers:

Kurt Schroeder, J.D.  
Attorney, Thompson and Mitchell  
William Sutherland, M.D.  
Medical Director, Memorial Hospital  
Rev. James Corbett  
Chaplain, Memorial Hospital  
Kirsten Hines, J.D.  
Assistant Vice President, Legal Services  
Memorial Hospital

### Date, Time, Place:

Friday, March 4, 1994  
10 a.m. to Noon  
Memorial Hospital Auditorium

### Information:

No fee is required; however reservations are requested. Call Memorial Foundation at (618) 233-7750, extension 5659.

This program is provided as a community service by Memorial Foundation, Inc. on behalf of Memorial Hospital.



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- 1 carton (16 oz.) low-fat cottage cheese
- 1 can (6 oz.) tuna in water, drained, flaked
- ¼ cup chopped carrot
- ¼ cup chopped celery
- ¼ cup chopped onion
- ½ tsp. dill weed
- ½ tsp. pepper

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## Quick Quisine

### Stand up everyday meals with easy meatball crutch

Savoring something simple, satisfying and comforting is the goal of weeknight fare. These Easy Meatball Meals provide the right change of pace. One batch of these versatile beef meatballs is the beginning of a soup, sandwich or stew, depending on ingredients paired with them. Most of the add-ins are things that already may be on hand — canned beef broth, salsa, prepared spaghetti sauce, onions, jarred beef gravy and seasonings. The basic meatballs are easy to prepare and economical, too. They start with lean ground beef with bread crumbs, onion, garlic and egg. They're that simple. They bake in the oven without attention. Because they are so easy, they can be shaped into two batches and baked at the same time.

Eat one now, and freeze one for a head start on another meal.

To freeze the meatballs, cool slightly, wrap, label and date the package. Freeze up to three months. To defrost, place the package of frozen meatballs in the refrigerator the night before using them. In Spicy Beef 'n' Zucchini Soup, Italian Meatball Sandwiches or Easy Meatball Stew.

ries, 26 g protein, 11 g fat, 13 g carbohydrate, 1,084 mg sodium and 123 mg cholesterol each.

**Italian Meatball Sandwiches:** In large nonstick skillet, heat 1 teaspoon oil over medium heat until hot. Cook and stir  $\frac{3}{4}$  cup thin strips bell pepper and  $\frac{1}{4}$  cup thin onion wedges 3 to 4 minutes until tender. Reduce heat to medium-low. Add 1 recipe cooked meatballs and 1 jar (14 ounces) spaghetti sauce. Cook, covered, 5 to 6 minutes to heat through, stirring occasionally. Spoon equal amounts into 4 split hoagie rolls. Sprinkle with shredded mozzarella cheese, if desired. Makes 4 sandwiches; 457 calories, 29 g protein, 19 g fat, 44 g carbohydrate, 1,073 mg sodium and 126 mg cholesterol each.

**Easy Meatball Stew:** In large saucepan, combine 1 jar (12 ounces) brown beef gravy, 1 small can (8 ounces) undrained stewed tomatoes,  $\frac{3}{4}$  cup water,  $\frac{1}{2}$  teaspoon leaf thyme and  $\frac{1}{2}$  teaspoon pepper. Bring to boil. Stir in 1 package (16 ounces) frozen vegetables for stew. Reduce heat. Simmer 10 to 15 minutes until vegetables are tender. Stir in 1 recipe cooked meatballs. Heat through. Sprinkle with chopped parsley, if desired. Makes 4 servings; 353 calories, 31 g protein, 15 g fat, 29 g carbohydrate, 1,094 mg sodium and 126 mg cholesterol each.

Making familiar ingredients seem new is the goal of the family cook every night of the week. Give ground beef a touch of class with soup, meatball sandwiches and stew.

Makes 4 servings; 353 calories, 31 g protein, 15 g fat, 29 g carbohydrate, 1,094 mg sodium and 126 mg cholesterol each.



## Recipe

### HOT VEGETABLE STIR-FRY

- $\frac{1}{2}$  cup sliced green onion and tops
- $\frac{1}{2}$  cup cubed red or green bell pepper, cut in 1 inch cubes
- $\frac{1}{4}$  cup snow peas
- 2 tbsp. minced ginger root
- 3 large cloves garlic, minced
- 1 tbsp. sesame oil or vegetable oil
- 1 can (8 $\frac{1}{2}$  oz.) baby corn, drained
- 1 can (8 oz.) bamboo

shoots, drained  
1 can (4 oz.) button or sliced mushrooms, drained  
 $\frac{1}{4}$  cup minced fresh cilantro  
2 to 3 tsp. reduced-sodium soy sauce  
Hot cooked rice

In wok or large skillet, sauté onion, pepper, snow peas, ginger root and garlic in oil until tender-crisp.

Add corn, bamboo shoots and mushrooms. Cook over medium heat 2 to 3 minutes until hot. Stir in cilantro and soy sauce. Serve over rice.

Makes 6 servings; 70 calories, 2.5 g protein, 2.7 g fat, 13 g carbohydrate, 244 mg sodium and no cholesterol.

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### THREE EASY MEATBALL MEALS

- 1 lb. lean ground beef
- $\frac{1}{2}$  cup soft or  $\frac{1}{4}$  cup dry bread crumbs
- 1 egg
- 2 tbsp. finely chopped onion
- 1 clove garlic, crushed
- $\frac{1}{2}$  tsp. salt
- Pinch pepper

Preheat oven to 400°. In large bowl, combine beef, bread crumbs, egg, onion, garlic, salt and pepper. Mix lightly but thoroughly.

Pinch off  $\frac{1}{2}$ -inch pieces beef mixture to form meatballs. Place in ungreased 15-by-10-inch jelly-roll pan. Bake in preheated oven 10 to 13 minutes until no longer pink and juices run clear.

Follow directions to use meatballs in one of these dishes.

**Spicy Beef 'n' Zucchini Soup:** In large saucepan, combine 2 cups diced zucchini, 1 can (14 ounces) beef broth, 1 cup chunky salsa and 1 cup water. Bring to boil. Reduce heat. Simmer 3 to 5 minutes until zucchini is tender-crisp. Stir in 1 recipe cooked meatballs and 1 table-spoon chopped fresh cilantro. Heat through. Top with corn chips, if desired, immediately before serving. Makes 4 servings; 246 calories.

## "But, I feel so empty."

*I have a nice house, nice car, a good job and great kids. So why am I less than happy?*

There's help available. Memorial's Mental Health and Counseling Services will hold a Marriage and Family Day to help you get a handle on your life. Marriage and Family Day will offer a lecture on contemporary family problems and pressures, and personal inventories in these areas: marital, family, co-dependency and stress, and confidential interviews with counselors from Memorial's Mental Health and Counseling Services. Children are welcome; special recreational activities will be conducted.

**DATE, TIME, PLACE:**  
 Saturday, March 5, 1994

1 to 4 p.m.  
 (Lecture will be held at 1 p.m.)

Memorial Hospital Annex Building

### INFORMATION:

For information about this program, call Memorial's Mental Health Information Line at 233-6700 from February 11 through March 5. In consideration of your privacy, you will not be asked for your name.



**MEMORIAL HOSPITAL**  
 Mental Health and Counseling Services  
 4500 Memorial Drive • Belleville, Illinois 62223

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## Today's Food

## Use apples to satisfy sweet tooth

Starving a sweet tooth is not a necessity the best way for a person to control weight.

Excess calories in any form—not just sugar—can cause weight gain. In fact, for most Americans, a good share of excess calories comes from fat.

While some sweets, such as premium ice cream and chocolate, derive most of their calories from fat, there are many alternatives that can satisfy a sweet tooth without padding fat onto the body.

Here are some ideas to get started:

- Choose naturally sweet fresh fruit.
- Indulge in sorbet, low-fat ice milk or low-fat soft frozen yogurt instead of full-fat ice cream.
- Enjoy angel food cake or baked meringue topped with fruit.
- Top baked fruit with crumbled graham crackers and brown sugar.
- Opt for two or three ginger cookies, fig bars, vanilla wafers or animal crackers rather than higher-fat cookies.
- Freeze grapes or bananas for snacking.
- Warm up with spiced baked apples.
- Snack on dried fruit, non-fat yogurt, raisin bread or graham crackers spread with a thin layer of fruit jam.
- Eat a cinnamon or blueberry bagel instead of a doughnut or croissant.
- Another way to satisfy a sweet tooth is with Apple-Cereal Bars. They feature the wholesome goodness of whole grain cereal, fresh apples



There are smart ways to satisfy a sweet tooth. Choose a recipe like Apple-Cereal Bars and savor every bite.

and raisins.

## APPLE-CEREAL BARS

- 1 1/4 cups packed brown sugar
- 1/2 cup shortening
- 1/4 cup milk
- 1 egg
- 2 cups whole grain flake or raisin bran cereal, crushed
- 1 1/4 cups flour
- 1 tsp. baking soda
- 1 1/2 tsp. cinnamon
- 1 1/2 cups chopped apple (about 2 medium)
- 1/2 cup raisins

Preheat oven to 350°. Lightly grease 13-by-9-inch pan.

Mix brown sugar, shortening, milk and egg in large bowl. Stir in cereal, flour, baking soda and cinnamon. Mix in apple and raisins.

Spread evenly in prepared pan. Bake in preheated oven 25 to 30 minutes until toothpick inserted in center comes out clean.

Cool completely. Cut in 2-by-1 1/2-inch bars.

Makes 36 bars; 95 calories, 1 g protein, 16 g carbohydrate, 3 g fat, 10 mg cholesterol, 50 mg sodium and 0.5 g dietary fiber each.

## ARE YOU AN APPLE OR A PEAR?

A person is shaped like an apple if his or her waist measurement is close to or larger than the hip measurement. Pear-shaped people have larger hips and smaller waists. "Apples" have a higher risk of developing heart disease and other chronic diseases than do "pears."

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## ARTHRITIS: 101

These two sessions are designed to help arthritis sufferers better understand the disease as well as learn about various treatment options available.

**Osteoarthritis in the Mature Adult: Conservative and Surgical Approaches**

## PROGRAM

This program is for senior adults with osteoarthritis understand the disease and the treatments ranging from conservative approaches to surgery. Exercise and rehabilitation also will be discussed.

## PANEL

William M. Price, M.D.

Orthopedic Surgeon

Southwest Illinois Sports/Orthopedics, Ltd.

Steven R. Horner, M.D.

Orthopedic Surgeon

Southwest Illinois Sports/Orthopedics, Ltd.

Harvey L. Mirly, M.D.

Orthopedic and Hand Surgeon

Southwest Illinois Sports/Orthopedics, Ltd.

Donald C. Courtial, P.T.

Director, Physical Therapy Centers

of Memorial Hospital

Ronald K. Finnan, R.N., A.T.C.

Southwest Illinois Sports/Orthopedics, Ltd.

Moderator

## DATE, TIME, PLACE

Wednesday, March 9, 1994

7 to 9 p.m.

Raintree Conference Center - Quality Inn

475 N. Bluff Road, Collinsville, Illinois

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MEMORIAL HOSPITAL  
Belleville, Illinois

and

Zimmer Weston  
and Associates



**Rheumatoid Arthritis and Osteoarthritis in the Young and Middle Age Adult (Age 25-50)**

## PROGRAM

This program is for people who have been diagnosed with rheumatoid or osteoarthritis better understand the disease and available treatments. Exercise and daily living adaptation activities also will be discussed.

## PANEL

Harvey L. Mirly, M.D.

Orthopedic and Hand Surgeon

Southwest Illinois Sports/Orthopedics, Ltd.

Sharon Groetke

Patient/Physician Educator

Becky Bruhn

Executive Director,

Collinsville Area YMCA

Ronald K. Finnan, R.N., A.T.C.

Southwest Illinois Sports/Orthopedics, Ltd.

Moderator

## DATE, TIME, PLACE

Saturday, April 9, 1994

9 a.m. to Noon

Lunch provided.

Raintree Conference Center - Quality Inn

475 N. Bluff Road, Collinsville, Illinois

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## RESERVATIONS

Both of these programs are free and open to the public. However, seating is limited. To register, call Memorial's Community Relations Department at 233-7750, extension 5649.



THE STARS ARE GONNA TWINKLE & SHINE FOR

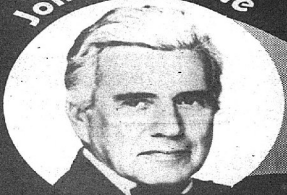
# Variety's Special Kid's

March 5-6 on KMOV-4

Perry Como



John Forsythe



Robin Smith



Scott Record



Diana Houseman



**Ted C. Wetterau**  
Man of the Year



**Mary Ann Krey**  
Woman of the Year

This weekend the best and the brightest from Hollywood, Las Vegas, Nashville and Branson will appear in person on KMOV-Channel 4's entertainment-packed 19-hour Sammy Davis, Jr. Variety Telethon. Funds raised during Variety's 28th Annual Dinner with the Stars and Telethon at the Adam's Mark Hotel will benefit 190 area children's agencies and help individual disabled and disadvantaged children as well.

Stars appearing on this year's Telethon are Moe Brandy, Jim Byrnes, Nell Carter, Perry Como, John Davidson, Barbara Fairchild, John Forsythe, Diana Houseman, Arte Johnson, Jon Orlando, Tony Orlando, Pump Boys & Dinettes, The Presleys, Scott Record, Jennifer Wilson and the Dallas Cowboys Cheerleaders.

Channel 4's Robin Smith will co-host the Telethon with Tony Orlando. Variety's Man and Woman of the Year Ted C. Wetterau and Mary Ann Krey will be introduced on the 6:30 Preview Show on Channel 4 and will be honored at the Dinner with the Stars which precedes the Telethon. Call 821-8184 for reservations.

Next week local shoppers will discover a bonanza of more than \$100 in savings on major name brand food and household items in the March 9 issue of the Suburban Journals which will include the CASH FOR KIDS coupon supplement. Clip and use the coupons at your favorite supermarket and help Variety's Kids.

The Variety Telethon is sponsored by the Adam's Mark Hotel, Anheuser-Busch Inc., Boatmen's Bank, Emerson Electric Company, Southwestern Bell Corporation, the St. Louis Post-Dispatch and TWA. Channel 4 contributes 19 hours of television time and assumes production costs as well.

Tony Orlando



John Davidson



Arte Johnson



Barbara Fairchild

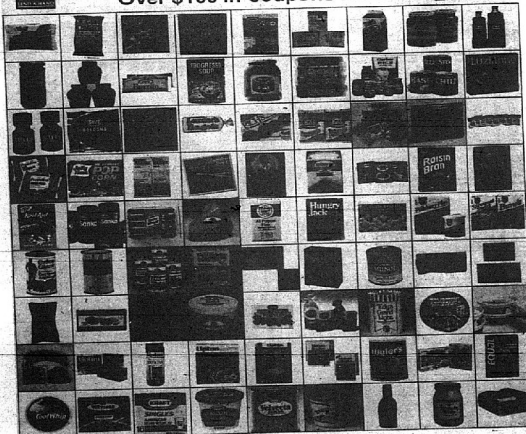


Jim Byrnes



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# Today's Food

## Judges go overboard for cheesy seafood pasta

Two-Cheese Seafood Linguine — richly flavored and fuss-free to fix — snagged a \$5,000 grand prize in the Louis Kemp Easy Seafood Delights Recipe Contest. The judges fell hook, line and sinker for its fabulous flavor, creative use of readily available ingredients and super-simple preparation.

The prize-winning pasta boasts a rich and savory sauce which teams imitation crab or lobster (surimi) seafood with tomato, scallion and a cook's choice of blue or Swiss cheese and parmesan.

san or romano cheese Kemp's refrigerated seafood — available frozen in other brands — sidesteps the hassle of shellfish and streamlines preparation. Serve this best-of-contest recipe with crisp green salad or steamed broccoli, plus crusty bread or bread sticks to complete a memorable meal in minutes.

April Hartig, a registered nurse from Miramar, Fla. — who never previously entered a recipe contest — created the winning dish.

### TWO-CHEESE SEAFOOD LINGUINE

- 6 to 8 oz. uncooked linguine
- 2 large cloves garlic, minced
- 1 tsp. oregano, crushed
- 2 tbsp. butter or margarine
- 1 medium tomato, chopped
- 1/2 cup whipping cream
- 1 pkg. (8 oz.) imitation crab or lobster (surimi)
- seafood flakes or chunks
- cup sliced green onion with tops
- 1/4 cup crumbled blue cheese

or shredded Swiss cheese  
1/4 cup grated parmesan or romano cheese

Cook pasta according to package directions. Drain. Cook garlic and oregano in butter in saucepan, stirring frequently, 1 minute. Add tomato. Cook, stirring occasionally, 3 minutes or until tomato is cooked through. Add cream, seafood, onion, blue cheese and parmesan. Mix well. Cook over medium heat, stirring frequently, until blue cheese is melted and sauce is hot. Top hot cooked pasta with

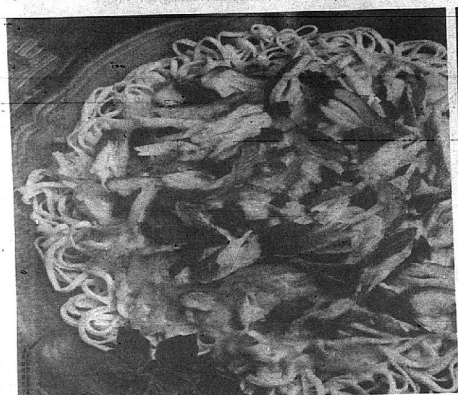
sauce. Makes 3 to 4 servings.

cilantro  
2 tsp. lime juice  
1/4 tsp. coriander

Pat fish dry with paper towels. Arrange in 8-inch square glass baking dish so thicker pieces are toward sides of dish. Combine salsa, tomatoes, cilantro, lime juice and coriander. Spoon mixture over fish. Cover with vented plastic wrap. Microwave on high power, rotating dish midway through cooking, 3 to 4 minutes until fish flakes easily when tested with fork. Makes 4 servings.

### MICROWAVE CATFISH WITH GREEN SALSA

- 1 lb. catfish, cut in 4 serving pieces
- 1/2 cup chunky salsa
- 2 tomatoes or green tomatoes, chopped (about 1/2 cup)
- 1 tsp. chopped fresh



This easy seafood delight, Two-Cheese Seafood Linguine, reeled in the \$5,000 grand prize in a recent Louis Kemp recipe contest. This richly-flavored pasta is paired with a sauce using a cook's choice of two cheeses — blue or Swiss cheese plus parmesan or romano. It is ready to serve in about 20 minutes.

### Upcoming Health & Wellness Programs

• March 22 - May 26 (Thurs. & Thurs.) 10-week Program for Seniors: Chair Exercises/Light Aerobics, 9 - 10 a.m. Cost \$40

• Thursday, March 24, 7 p.m. - "Arthritis Update II" - Free Community Education Program, 7 p.m. Includes: Arthritis overview, treatment options, questions/answers with physician panel, and introduction to monthly screening/diagnostic clinic.

• Monday - Friday, Individualized Diet Counseling, day or evening appointments with a registered dietitian. (Weight Reduction, Diabetes, Cholesterol, sports nutrition, or other dietary needs.)

To register or receive further information, call 234-2120, extension 1575



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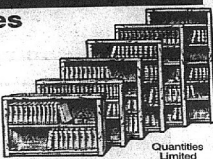
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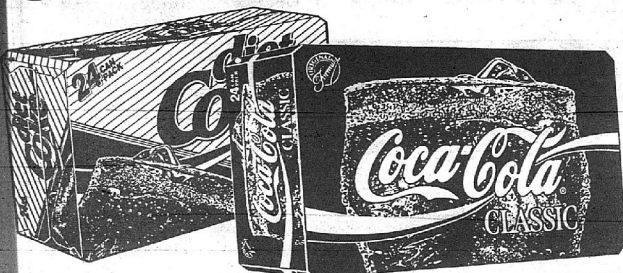


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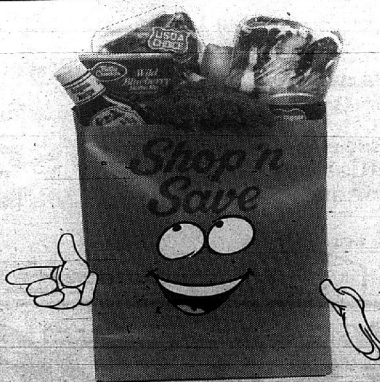
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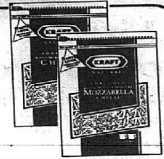
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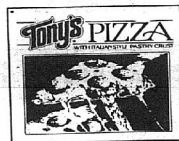
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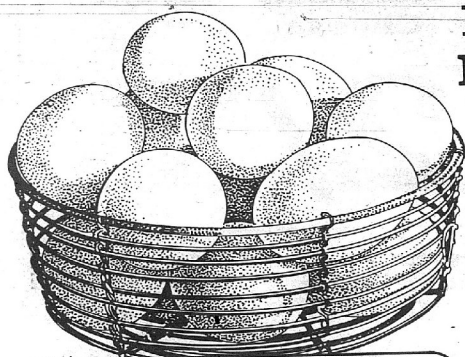
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## GOLF

The Legacy is taking entries for its St. Patrick's Day Tournament.

Page 3D

# LOCAL JOURNAL SPORTS

WEDNESDAY, MARCH 2, 1994  
GRANITE CITY JOURNAL

## HOCKEY

The Granite City Hockey Association tournament begins this week.

Page 4D

## Warrior grapplers meet their match

### Rugged Waukegan eliminates Granite City in quarterfinals

By Tony Panozzo  
Staff writer

**NORMAL** — It was far from the outcome Granite City wrestling coach Mike Garland had in mind, but the Warriors might have laid a foundation for the future in Saturday's 30-23 loss to Waukegan in the quarterfinals of the Class AA Dual Team state tournament.

The Warriors, who finished the season 26-2, failed to bring home a trophy. But the senior-less team Granite City brought to Illinois State University's Redbird Arena could return to Normal intact next year.

Garland, however, was not thinking about next year quite yet. For the second straight week, the Warriors came away with nothing to show for their efforts at state. Six state qualifiers failed to medal and posted just three wins at Champaign in the individual state tournament Feb. 19.

On Saturday, the Warriors made the match close but ultimately came up short again.

"OUR GOAL is not to get close," Garland said. "We done that already. Our goal is to get there and bring home a trophy for the school."

"It was a good season, but our goal was to come up here and win a trophy. I didn't think we wrestled good enough on our feet. Maybe our youth showed a little bit."

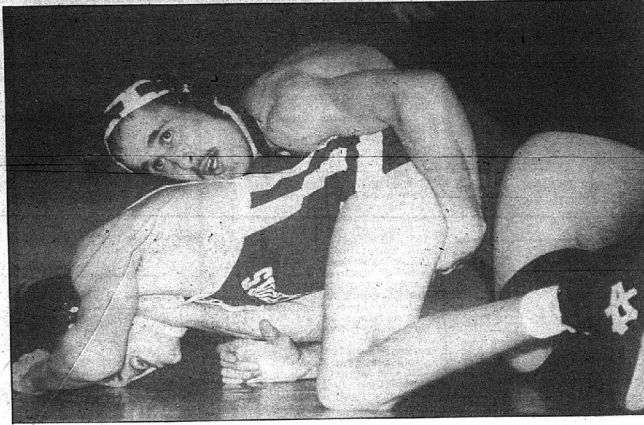
**State tournament**  
Saturday, Feb. 26  
Meet 1: Waukegan 30, Granite City 23  
Meet 2: Adairville 36, Waukegan 36  
Meet 3: New Trier 35, Waukegan 35  
Meet 4: Chicago Mt. Carmel 45, DeKalb 15  
Meet 5: Waukegan 20, Waukegan 20  
Meet 6: Mt. Carmel 37, Providence 20  
Third place: Providence 44, Waukegan 44  
Championship: Mt. Carmel 44, Waukegan 16

But Granite City earned somewhat of a moral victory in the match, which began at 140 pounds. The Warriors won five of 13 matches, and four of their losses were by a point. Three of the one-point losses came in the first six matches.

Waukegan 119-pounder Edgar Alino earned the last of the one-point victories, a 4-3 decision over Tim Fulkerson.

"That's a 12-point swing," Garland said. "There you are. Those make the match. Basically, if we could have got four more takedowns, we would have won."

**AFTER TAKING A 14-0 lead**, Waukegan had a tough time getting rid of the Warriors. The Bulldogs (17-7) clinched the victory when 130-pounder Fonte Wakefield pinned Kevin Feigenbutz in 1:32 in the 12th match of the dual.



Granite City 125-pounder T.J. Slay (top) was one of five winners for the Warriors at Saturday's dual team state tournament.

"After we got the early lead, they did what they had to do," Waukegan coach Wilbur Borrero said. "We had a couple of key matches and I don't think it should have got to that point."

The difference in takedowns was the biggest key. Waukegan (See WARRIORS, Page 3D)

## Journal Writers' Poll Boys Basketball

## Large Schools

1. Hazelwood Central (2)..... 21-4
2. St. Charles West (3)..... 21-4
3. Vashon (1)..... 21-2
4. Collinsville (4)..... 19-6
5. Hazelwood East (5)..... 20-4
6. Lincoln (8)..... 17-6
7. DeSmet (7)..... 18-8
8. McCluer (9)..... 18-6
9. De Soto (9)..... 19-6
10. Francis Howell (NF)..... 17-7

Also receiving votes: Parkway Central, Eureka and Webster Groves.

## Small Schools

1. Cardinal Ritter (1)..... 24-3
2. Berkeley (2)..... 19-3
3. Althoff (3)..... 21-6
4. Troy (4)..... 20-4
5. Gibault (5)..... 23-4
6. Lutheran South (6)..... 18-7
7. John Burroughs (7)..... 18-5
8. Duchesne (9)..... 19-6
9. Affton (10)..... 18-5
10. Columbia (8)..... 20-7

## Journal Writers' Poll Girls Basketball

## Large Schools

1. St. Joseph's (1)..... 23-1
2. Cor Jesu (2)..... 23-3
3. Oakville (3)..... 21-4
4. Hazelwood Central (4)..... 21-3
5. Parkway South (4)..... 22-2
6. McCluer (7)..... 20-4
7. Francis Howell (9)..... 20-4
8. Nerinx Hall (6)..... 18-8
9. Belleville East (8)..... 20-8
10. Wentzville (10)..... 20-2

## Small Schools

1. Wellston (1)..... 24-2
2. Incarnate Word (2)..... 20-6
3. John Burroughs (3)..... 24-0
4. Visitation (4)..... 15-10
5. Althoff (5)..... 16-12
6. Rosati-Kain (6)..... 16-10
7. Duchesne (7)..... 17-7
8. St. Elizabeth's (8)..... 15-6
9. Wescian (9)..... 19-8
10. Troy (10)..... 16-9

## Journal Writers' Poll Wrestling

## Week of March 2

1. Hazelwood Central (1)..... 60
2. Granite City (2)..... 40
3. Lafayette (4)..... 40
4. Fox (3)..... 31
5. Wentzville (6)..... 30
6. McCluer North (10)..... 28
7. Francis Howell (9)..... 24
8. Althoff (7)..... 20
9. St. Charles West (9)..... 13
10. Parkway Central (8)..... 11

(Last week's ranking in parentheses.)  
Also receiving votes: DeSmet and Hazelwood Central.

## Boys basketball Southwestern Conference

Team	W	L	Overall
Collinsville	12	1	13-6
Granite City	9	4	11-11
Belleville West	8	5	11-13
Alton	8	5	11-13
East St. Louis	4	6	4-20
Belleville East	2	8	5-18

**Tuesday, Feb. 22**  
Edwardsville 55, Belleville West 50  
**Friday, Feb. 25**  
Collinsville 56, East St. Louis 44  
Granite City 59, Belleville West 50  
Belleville East 58, Alton 50  
**END REGULAR SEASON**

## Mississippi Valley Conference

Team	W	L	Overall
Civic Memorial	12	0	22-1
Wood River	7	5	12-11
Highland	6	6	8-14
Jerseyville	5	7	11-23
Massac	3	8	8-18
Reynolds	2	9	9-13

**Tuesday, Feb. 22**  
Civic Memorial 79, Mascoutah 56  
O'Fallon 72, Mascoutah 58  
Centralia 56, Tyndal 56  
Hazelwood West 44, Wood River 62  
**Friday, Feb. 25**  
Highland 63, Mascoutah 41  
O'Fallon 52, O'Fallon 57 (OT)  
**END REGULAR SEASON**

## Independents

Team	W	L	Overall
Granite City	12	1	13-6
St. Louis	11	5	12-11
St. Louis	11	5	12-11
St. Louis	11	5	12-11
St. Louis	11	5	12-11
St. Louis	11	5	12-11

**Tuesday, Feb. 22**  
Edwardsville 55, Belleville West 50  
O'Fallon 72, Mascoutah 58  
Centralia 56, Tyndal 56  
Highland 63, O'Fallon 57 (OT)  
**END REGULAR SEASON**

## Upper-weight matmen take bite out of Bulldogs

By Tony Panozzo  
Staff writer

**NORMAL** — The Granite City wrestling team carries a heavy reputation for its traditional dominance in the lower weight classes. But it took two upper-weight grapplers to give the Warriors a lift against Waukegan in the Class AA dual team state tournament Saturday at Illinois State University's Redbird Arena.

Granite City's first victory of the day came from 171-pound junior Tony Buchek, who battled Jerome Pope to a 2-2 tie through regulation. The match went to overtime and Buchek scored the first takedown, putting Pope on his back and nearly holding on for a pinfall.

**BUT POPE ESCAPED** with a three-point loss and the Warriors cut the Bulldogs' lead to 14-3. Buchek's win broke a four-match skid by the Warriors. The match opened with losses by Justin Beam at 160, John Venne at 145, Joe Scott at 152 and Jeff Estrada at 160.

"I was hoping to get a pin," Buchek said. "I was hoping it would fire everybody up."

Buchek, who had struggled the

### Buchek

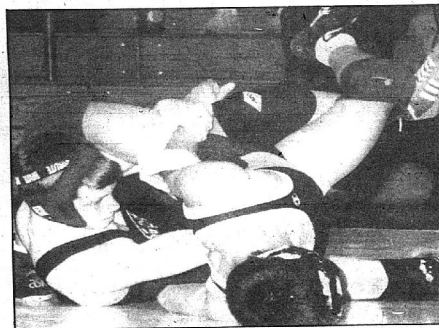
### Janek

previous week in the individual state tournament at Champaign, appeared to be in better "condition" than Pope near the end of the match.

Pope also qualified for state as an individual and came within one match of placing. But Buchek was much more aggressive in the overtime session.

Another strong effort came from Warrior heavyweight Chris Janek, who took on massive 275-pound freshman Quinton Handy. Handy, wrestling in just his second varsity match, had a considerable size advantage. But Janek scored a takedown in the first period and went on to pin Handy in 3:44.

**JANEK'S WIN CUT** Waukegan's lead to 17-9 after a sluggish start by the Warriors.



Chris Hogan (left) ties up an opponent. Hogan worked his way to a technical fall win Saturday.

"He was a big kid," Janek said. "He'll have to cut weight next year. It got everybody pumped up, I guess."

The Warriors appeared to be in good shape even after freshman 103-pounder Mike Glover lost 2-2 to another freshman, Richard Troxel. At 112, Chris

Hogan dominated Alex Ontiveros and earned a victory by technical fall.

Hogan, a two-time individual state qualifier, was able to overcome a disappointing showing in Champaign and nearly pinned Richard Troxel. At 112, Chris

(See MATMEN, Page 2D)

## Dual-meet format change fits Warriors

By Tony Panozzo  
Staff writer

**NORMAL** — The Illinois High School Association's recent decision to tinker with the weight-class order in dual meets has brought about mixed reactions from coaches throughout the postseason.

So far, the Granite City Warriors haven't had much to complain about. The Warriors won regional and sectional dual titles under the new format before falling to Waukegan in Saturday's state tournament in Normal.

### Notes

Throughout the postseason, duals have not necessarily started with the 103-pound weight class. A draw has been held before each match to determine who wrestles first. On Saturday, all eight Class A and Class AA quarterfinal matches began with the 140-pound weight class.

**GRANITE CITY COACH** Mike Garland does not seem to mind. (See NOTES, Page 3D)

## Seven-week bowling tourney scheduled to kick off April 9

By Toby Carraig  
Staff writer

The Journal Newspapers Singles Tournament keeps getting bigger and better. This year, the tournament will also run longer.

Being hosted by 24-lane Lucky Strike Lanes, located near 1270 and North Lindbergh, the event will run seven weekends beginning April 9-10.

LAST YEAR, 3,321 bowlers participated in the event with \$60 cashing in on the \$21,500 prize fund. Gregg Getlow of St. John won the grand prize of \$4,000 last year, rolling an 810 three-game series in the handicapped event. Overland's Ron Gerling was second last year with an 807 and won \$2,000.

"Since the Journal has been a sponsor, the tournament has grown each year by a little bit," said Ken Wasser, executive director of Greater St. Louis Bowling-Proprietors' Association, which conducts the event. "We're always looking for more."

The tournament has become the area's biggest in terms of participation, thanks to the handicapped format, which gives everyone a chance to win. Also, one in six entrants cash in on the prize pool, which meant

those rolling scores of 676 or better collected.

Again this year, \$4,000 is guaranteed to the winner and \$2,000 to the second-place finisher. The remaining cash awards are based on the number of entries.

Bowlers are urged to get their entries in as soon as possible to receive preferable dates and times. (The entry form has 22 asks for three choices in case squads are filled). They can enter as often as they wish, but can only win once with their highest handicapped score in a three-game series.

**THE ENTRY FEE** is \$18 and the deadline is March 21. Anyone who sends in eight or more entries together for the same date and time is eligible for a free entry.

The tourney will be held for seven straight weekends: April 9-10, April 16-17, April 23-24, April 30-May 1, May 7, May 14-15 and May 21-22. Squad times on Saturday are 10 a.m., 12:30 p.m., 3:30 p.m. and 6 p.m.; and 10 a.m., 12:30 p.m. and 3 p.m. on Sunday.

Top scores from throughout the seven-week tournament are compared to determine prize winners.

For more information, call the St. Louis BPA at 895-1225.

## Rafferty signs with Wright St.

### Standout season nets senior Div. I offer

By Tony Panozzo  
Staff writer

Jared Rafferty's play at the Tournament of Champions last fall sparked a late-season surge for the Warrior soccer team. It paid off again recently when the Granite City senior signed with Wright State University.

Rafferty, who was named to the all-tournament team, played well enough to impress Wright State coach Greg Andrusis and eventually earn a visit to the Dayton, Ohio, school. He visited the campus in January and made it official late last month.

Rafferty earned a scholarship to attend the NCAA Division I school, a member of the Mid-Continent Conference and one of the nation's top-upcoming programs.

"I'm real excited," Rafferty said. "I can't wait to go up there. I always set my goals to play Division I."

**"THEY HAVE** a very good program. It's pretty competitive."

Rafferty was also recruited by the University of Kentucky.



Jared Rafferty  
13 goals

Bradley University and MacMurray College. But he made his mind up quickly after visiting Wright State.

While in Dayton, Rafferty stayed with former Warrior star Jason Macfield, who started as a freshman for the Raiders last fall. Rafferty is the

latest in a line of players coached by Gene Baker to attend Wright State.

Baker's son, Gene, also played at Wright State. The Warrior coach said he was pleased with Rafferty's choice.

"I think he'll bring a great deal of character to their program. He really came into his own as a senior. He had a great year. I think he'll mature even more in college."

**RAFFERTY EMERGED** AS one of Granite City's offensive leaders in midseason and finished with 13 goals and 11 assists. "The forward made the All-Southwestern Conference first team and enjoyed one of his best moments as a Warrior during the Tournament of Champions."

After Granite City lost in the first round to St. Louis University High, Rafferty led (See RAFFERTY, Page 4D)



## SPORTS

## •Matmen

(Continued from Page 1D)

Ontiveros. Hogan's win made the score 21-14.

"I was ready," Hogan said. "I was going for the pin, but he just stayed off my back."

"I was aggressive at state, but I was too sloppy."

Like the rest of his teammates, Hogan had to wait until next year for that opportunity. But the Warriors might finally be adjusting to the competition from northern Illinois.

Tim Fulkerson, Granite City's 119-pounder, improved noticeably in his match against Edgar Albino. When the two met in Champaign, Albino won 12-4 and went on to place sixth in his class.

But on Saturday, Fulkerson narrowed the gap and lost 4-3. Fulkerson said the Warriors can become more competitive with the Chicago-area teams providing they work at it.

"They wrestle better competition than we do," Fulkerson said. "We'll work hard over the summer and lift weights."

"It's hard to feel good about losing, but I felt like I wrestled better than at (Champaign). I tried to be more aggressive."

Fulkerson's close loss set the stage for T.J. Slay, who survived a showdown with Isaac Hood at 125 and won 7-5. Both wrestlers had more than the season, and both had competed at Champaign.

Slay, however, failed to place. Hood finished fifth in one of the state's toughest weight classes. "I'm happy for T.J.," Granite City coach Mike Garland said. "I think he got some nice vindication from last week. He was in a tough bracket."

"I just wanted to see if I could beat (Hood) because I hadn't done my best at state," Slay said. "I wrestled more confidently and more aggressively."

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Waukegan 30, Granite City 23

146 — Rodolfo Berrios (W) d. Justin Beam, 4-1, 145 — Angel Morales (W) d. John Vene, 19-3, 142 — Isaac Reyes (W) d. Joe Scott, 2-1, 140 — Travis Kaski (W) d. Jeff Estrada, 4-7, 171 — Tony Buchek (GC) d. Vernice Pope, 7-3 (OT), 149 — Danny Diaz (W) d. John Sellers, 9-5, 215 — Chris Janek (GC) pinned Quinton Handy, 2-41, 100 — Richard Troxel (W) d. Mike Glover, 9-2, 112 — Chris Hogan (GC) d. Alex Ontiveros, 2-5, 119 — Edgar Albino (W) d. Tim Fulkerson, 4-3, 125 — T.J. Slay (GC) d. Isaac Hood, 7-5, 130 — Fonte Wakefield (W) pinned Kevin Fegenbuz, 1-32, Brian Schooley (GC) by injury default over Jayson Geryol, 2-14.

It was Slay's fourth state tournament in three years. As a freshman, Slay accompanied the Warriors to the dual team state tournament and earned a tie.

As a sophomore, Slay advanced to state as an individual,

but the Warriors failed to get to state as a team. This year, he got to experience both. He said the team fared better in its second appearance in Normal.

"We wrestled hard and gave it all we had," Slay said. "We did better than what we did when I was a freshman."

Slay, Hogan, Janek, Buchek and 135-pound junior Brian Schooley all won their matches Saturday and figure to return next year for Granite City. The Warriors had 12 individual regional champions and six sectional champions this season and should be as strong as ever.

"We had a few people go to state this year," Buchek said. "Everybody will be back and hopefully we'll do better next year."

## Park registering youth teams

Registration is being taken for youth baseball and softball organizations wishing to participate in the Granite City Park District leagues this year.

The entry fee of \$200 is being accepted in the Wilson Park office for returning teams.

New teams as well as last year's teams need to register. Any person wishing to manage a youth team can call Ray Hoffman at 877-3999 for more information.

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APRIL 10, 17, 24, MAY 1, 8, 15, 22

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RULES FOR ALL PARTICIPANTS

- Handicap-Women 80% from 210 - Men 75% from 210. Women and men will compete in the same 3-game tournament with the above handicap.
- Highest average of 21 games or more as listed in the 1992-93 ABC/WIBC Yearbook. Those not listed will use this season's highest average of 21 games or more as of March 6, 1994. All others bowl scratch. If on March 6, 1994 the entrant has a current season's average of 21 games or more which is 10 pins or more higher than the previous season's average, the bowler must use his current average. NON-SANCTIONED LEAGUES AND YOUTH LEAGUE AVERAGES ARE NOT ACCEPTED. BOWLERS MUST BE ABLE TO VERIFY AVERAGES OR BE DISQUALIFIED.
- Bowler MUST submit for re-rating if in the past 12 months your accumulated average of 21 or more games of sanctioned or unsanctioned tournament play exceeds your highest league average by 10 or more pins or you exceed your highest league average on a series basis by 15 or more pins per game in five tournaments based on their high series in each tournament. Refer to ABC Rule 319e.
- Bowlers are responsible to verify the accuracy of their average. Failure to use the proper average or make a correction prior to completion of the first game of a series or within 48 hours after completion of a series, if the tournament director has given written consent to the bowler before the end of the first game of a series, score will be disqualified if submitted average is lower than actual average. Or prize winnings will be based on submitted average if it is higher. Decision of Tournament Director is final unless appealed. ABC-WIBC Rule 329. Bowlers must report winnings of \$300 or more in the past year.
- Bowler may enter as many times as he or she wishes, but may win cash only once. Bowler must have completed entry form and paid fee before March 21, 1994 for each time he or she wishes to bowl.
- Prize money is returned 100%, on at least a ratio of 1 to 6 or better. Premature termination of the tournament brought about by war, national emergency, or emergency causes relating thereto or therefore, from fire, natural disaster, or any other reason beyond the control of the Greater St. Louis BPA shall cause, to the extent required thereby, all advertised prizes, guaranteed or otherwise, to be prorated in accordance with the number of entrants who have bowled up to the time of such termination.
- This tournament is ABC-WIBC sanctioned. Non-members may enter by purchasing Affiliate membership (WIBC-\$20.00, ABC-\$10), or pay a participation fee (WIBC-\$5, ABC-\$1). Check Rule 2 for average requirements.
- LUCKY STRIKE LANES, owners, managers, employees or their immediate families or professional bowlers Association Touring Pros #1 and #2 may not enter.
- Any bowler who appears to be under the influence of intoxicating liquors, or any bowler who willfully delays the normal progress of the game, or whose conduct on the lanes is considered objectionable, shall be removed immediately from the lanes and tournament. Tournament Director has the right to reassign lanes during the tournament because of equipment malfunctions, etc. All decisions of the Tournament Director are final.
- Participation in any tournament sponsored, conducted or held by or in behalf of BPA is open, upon the same terms and conditions to all bowlers who do, or have done, any league, tournament, advertised exhibition or any other type of bowling (a) in a BPA member establishment, (b) in a non-BPA member establishment, (c) whether such bowler is or is not a member of any bowling proprietor association, or (d) whether such bowler is or is not a member of any bowler's membership organization.

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## Warriors

(Continued from Page 1D)

had a 21-10 edge in takedowns and dominated before 171-pounder Tony Buchek posted a 7-2 overtime win over Vernie Pope. After Danny Diaz edged John Sellers 6-5 at 189, heavyweight Chris Janek gave the Warriors some momentum by pinning Quinton Handy in 3:44. That made it 17-9, and Granite City spent the rest of the match cutting into the lead.

The Warriors won three of the last five matches. Chris Hogan defeated Alex Onlviveros by technical fall at 112 pounds, 125-pounder T.J. Slay defeated Isaac Hood 7-5 and 135-pounder Brian Schooley ended the match on an upbeat note with a win by injury default over Jayson Geryol.

At 119, Fulkerson made huge strides against Albino, who defeated the Warrior junior 12-4 in Champaigne area wrestling. Fulkerson cut Albino's lead to a point with an escape late in the third period and came close to scoring—a winning takedown in the final seconds.

"He and about three others could have won," Garland said. "He lost on his feet. If we take them down, we win."

"We just have to get better on our feet. We didn't lose for lack of effort, but it's kind of hard to swallow."

Waukegan featured a quick, aggressive lineup, a trademark of teams from the Chicago area. The Bulldogs were making their third trip as a team to state in

four years.

Waukegan lost its next match to Waukegan Valley, 28-20, and placed fourth after losing to New Lenox Providence.

Borrero came away impressed with the Warriors, who were making their second appearance at state. Granite City advanced to Normal two years ago and lost to Lyons Township in the first round.

"Granite City's going to be tough," Borrero said. "They're a young team and I think they'll be back (in Normal) next year. My feeling is they'll be placing. They're aggressive and I have a lot of respect for them."

Garland, however, had a tough time watching the Warriors' opportunity slip away Saturday despite the likelihood the entire lineup will be back.

"We can't look at it that way," Garland said. "There are too many things that can happen between now and next year. (But) I thought everybody wrestled as well as they could. The first time you go to state, you're just happy to be there. The second time, you want to win. We're getting better."

"The bottom line is we are improving. We're making progress, and that's what it's all about."

## Warrior wrestling

Mike Glover (103)	14-15 (6-0)
Mark Vlasovskis (103)	2-0 (1)
Bobby Chaudhry (103)	2-0 (1)
Chris Hogan (112)	2-0 (1)
Tom Fulkerson (119)	10-0 (0)
T.J. Slay (125)	4-0 (3)
Ernie Anderson (135)	5-0 (1)
Kevin Reigenburtz (135)	4-0 (3)
Mark Mendenhall (135)	4-0 (3)
Justin Beam (140)	10-0 (1)
Tim Steele (140)	2-0 (1)
John Vienne (145)	2-14 (4)
Jason Wilson (145)	2-0 (1)
Joe Scott (152)	13-13 (2)
Jeff Estrada (160)	3-5 (1)
Tony Buchek (171)	12-0 (0)
Mark Mitchell (171)	1-0 (0)
Chris Sellers (189)	12-0 (1)
John Wolkens (189)	12-0 (1)
Chris Janek (275)	15-1 (0)

## Notes

(Continued from Page 1D)

the change, which took effect for regional competition last month and could be the norm starting next year for the entire season.

Before, matches always started at 103 and concluded with a heavyweight match. Under the new format, the dual can begin anywhere, even at heavyweight.

"I don't know if the kids like it that much, but my feeling is they have to be ready to wrestle," Garland said. "You can't use it as an excuse or a crutch, although it has helped us. To say 'I'm against it' would be kind of silly."

When the Warriors defeated Belleville East for the regional title at Granite City on Feb. 8, the match began at 152. Last week, 112-pounder Chris Hogan kicked off the sectional semifinal dual against Civic Memorial.

The sectional final began with 171-pounder Tony Buchek. The Warriors won all three meets.

But some coaches wonder why the IHSAA chose to implement the rule just for the postseason, rather than at the beginning of the year.

"We're not used to it," said Waukegan coach Wilbur Borrero, whose team defeated Granite City in the quarterfinals. "It's good if they're going to do it year-round. They may do that next year. I think it's bad if you just do it at the state tournament."

Retired Warrior coach Bill Schmitt, the IHSAA's chief rules interpreter, has been on the IHSAA Wrestling Advisory Committee since the late 1980s. He continues to serve the IHSAA and has attended the state tournament every year since 1947.

Schmitt, one of the originators of the dual-team state tournament format, said he did not introduce the latest change. But he supports the idea. Close matches, he said, should not always have to hinge on what a team's heavyweight does.

"It's a pretty good rule," Schmitt said. "We have it in the rulebook that you can scramble several weight classes. Not many guys do it."

"I think it gives the little guys

a chance to be heroes and it takes the pressure off your heavyweight. It gives other guys the glory. Many times, the result depends on the heavyweight match."

Saturday's state tournament was Schmitt's 51st as an observer. He attended the state tournament for the first time in 1937 and missed several during World War II.

Schmitt coached Granite City to its last state title in 1965, before the advent of the dual-team format. After watching the Warriors lose to Waukegan, he recalled meetings between the two teams years ago and mentioned that Granite City has yet to defeat the Bulldogs.

"A few years back, we used to meet up with them every year," Schmitt said. "They were one of the top teams in the state every year. We always gave them a battle. We always had a chance to beat them, but we never could. It was kind of frustrating. I was kind of hoping it would happen (Saturday)."

"I was really kind of hoping (the Warriors) would get through, but when you get here, you have to wrestle on your feet."

Schmitt added he has admired the work done by Garland, who inherited the program from Walt Whitaker in 1987. Whitaker

coached two years after Schmitt retired in 1985.

Garland's assistants are his brother, Greg, and former SIUE standout Tom Blaha. Mike Garland surpassed 100 dual wins last year and his current record with the Warriors is 148-3-1.

"They've done a great job with the team," Schmitt said.

IHSAA wrestling official Haig Nighoghossian, a resident of Granite City, worked his second straight dual-state tournament Saturday at Redbird Arena. Nighoghossian officiated the Class A match between Dakota and Alamo.

Nighoghossian, a teacher at East St. Louis Senior High School, coached the Class AA individual regional at Wood River, a Class A individual sectional at Vandalia and the dual-team sectional at Granite City High School this season. He hopes to one day work the individual state tournament in Champaign, and he has also officiated seven state soccer tournaments.

But his next task will be coaching the girls soccer team at Alhaff High School this spring. "This year will be the first for the program."

"I'm looking forward to it," Nighoghossian said. "We had a meeting and had a good turnout. It should be interesting."

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**Adjustments:** Please report errors the first day your ad appears. The Journals will not be responsible for any errors that occur after the first day. If you cannot locate your ad or if an error occurs please call 877-7700 in case of an error, the Journal will extend the schedule of that ad. The adjustment of any error will not exceed the cost of the ad.

**Cancellation:** To cancel an ad call 877-7700. Ask for your cancellation number. This number will serve as your record of cancellation in case of any misunderstandings or adjustments. You must call before the deadline to cancel an ad. There is no refund or rebate on early cancellation when purchasing the **Sell It Fast Deal**.

**Box Charges:** Replies picked up at a Journal office, \$5.00 per week; replies mailed, \$10 per week.

**Faxing Your Ad:** Dial 1-618-876-4240 to fax your ad to us. Please include your daytime phone number, home phone

number, full name, address, city, state and zip. Print your ad clearly. A Journal salesperson will call to verify your information.

**Notice to Readers:** Prior to responding to advertisements requesting money to be sent or invested you may wish to investigate the validity of the offering and the company. The Journals cannot assume any responsibility of such offerings within the classified pages. For information regarding the investigation of business opportunities, contact the Better Business Bureau.

### RATES

**SUNDAY.....10 Words \$3.80**  
**WED/THURS.....10 Words \$6.50**  
**3 ISSUES.....10 Words \$9.90**

### DEADLINES

**SUNDAY.....3:00 Friday**  
**WED/THURS.....4:30 Monday**  
**ILLINOIS WED.....10:00 Monday**  
**ILLINOIS SUN.....3:00 Friday**

**Services**  
Accounting & Tax.....741  
Advertising.....751  
Alarm Systems.....780  
Auto Services.....790  
Antenna Installation.....795  
Appliance Repair.....800  
Auto Detailing.....805  
Auto Insurance.....810  
Auto Repairs.....815  
Auto Washes.....820  
Business Services.....825  
Car Washes.....830  
Carpentry & Siding.....840  
Cabinet Making.....850  
Car Detailing.....860  
Car Washes.....870  
Car Washes.....880  
Car Washes.....890  
Car Washes.....900  
Car Washes.....910  
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Car Washes.....940  
Car Washes.....950  
Car Washes.....960  
Car Washes.....970  
Car Washes.....980  
Car Washes.....990

**Real Estate**  
Homes for Sale.....2100  
St. Louis Hills.....2102  
St. Louis Hills.....2103  
St. Louis Hills.....2104  
St. Louis Hills.....2105  
St. Louis Hills.....2106  
St. Louis Hills.....2107  
St. Louis Hills.....2108  
St. Louis Hills.....2109  
St. Louis Hills.....2110  
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St. Louis Hills.....2115  
St. Louis Hills.....2116  
St. Louis Hills.....2117  
St. Louis Hills.....2118  
St. Louis Hills.....2119  
St. Louis Hills.....2120

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Transportation	Hyundai	42	Ford Trucks	87	Motorcycles/ATVs	185
Isuzu	44	GM Trucks	88	Boats/Motors	190	
Jaguar	46	Isuzu Trucks	90	Boat/Canoe Rental	200	
Jeep	48	Mazda Trucks	92	Boat/Canoe Rental	200	
Kia	50	Nissan/Datsun Trucks	94	Boat/Canoe Rental	200	
Land Rover	52	Toyota Trucks	96	Boat/Canoe Rental	200	
Lincoln	54	Used Trucks	98	Boat/Canoe Rental	200	
Lotus	56	Used Trucks	100	Boat/Canoe Rental	200	
Mercedes-Benz	58	Used Trucks	102	Boat/Canoe Rental	200	
Mini	60	Used Trucks	104	Boat/Canoe Rental	200	
Oldsmobile	62	Used Trucks	106	Boat/Canoe Rental	200	
Pontiac	64	Used Trucks	108	Boat/Canoe Rental	200	
Subaru	66	Used Trucks	110	Boat/Canoe Rental	200	
Toyota	68	Used Trucks	112	Boat/Canoe Rental	200	
Volkswagen	70	Used Trucks	114	Boat/Canoe Rental	200	
Volvo	72	Used Trucks	116	Boat/Canoe Rental	200	
Ward	74	Used Trucks	118	Boat/Canoe Rental	200	
Ward	76	Used Trucks	120	Boat/Canoe Rental	200	
Ward	78	Used Trucks	122	Boat/Canoe Rental	200	
Ward	80	Used Trucks	124	Boat/Canoe Rental	200	
Ward	82	Used Trucks	126	Boat/Canoe Rental	200	
Ward	84	Used Trucks	128	Boat/Canoe Rental	200	
Ward	86	Used Trucks	130	Boat/Canoe Rental	200	
Ward	88	Used Trucks	132	Boat/Canoe Rental	200	
Ward	90	Used Trucks	134	Boat/Canoe Rental	200	
Ward	92	Used Trucks	136	Boat/Canoe Rental	200	
Ward	94	Used Trucks	138	Boat/Canoe Rental	200	
Ward	96	Used Trucks	140	Boat/Canoe Rental	200	
Ward	98	Used Trucks	142	Boat/Canoe Rental	200	
Ward	100	Used Trucks	144	Boat/Canoe Rental	200	

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Ward	76	Used Trucks	120	Boat/Canoe Rental	200	
Ward	78	Used Trucks	122	Boat/Canoe Rental	200	
Ward	80	Used Trucks	124	Boat/Canoe Rental	200	
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Ward	90	Used Trucks	134	Boat/Canoe Rental	200	
Ward	92	Used Trucks	136	Boat/Canoe Rental	200	
Ward	94	Used Trucks	138	Boat/Canoe Rental	200	
Ward	96	Used Trucks	140	Boat/Canoe Rental	200	
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... Pacific & ...	
* Homes for ...	
Out of area ...	
Homes for ...	
St. Louis ...	
Alton & vic ...	
Bellefontaine ...	
St. Charles ...	
Bellefontaine ...	
Bellefontaine ...	
Bethalto ...	
Brighton ...	
Bunker Hill ...	
Canokah ...	
Canthow ...	
Centerville ...	
Clinton ...	
Collinsville ...	
Columbia ...	
Cottage ...	
Dorsey ...	
Dupo & ...	
East Alton ...	



## NO MONEY DOWN

CROSS THE MONEY SAVING BRIDGE TO  
**PIASA LINCOLN MERCURY IN ALTON, IL.**  
The drive to ALTON is worth the ride. The drive to ALTON is worth the ride. The drive to ALTON is worth the ride.

may be the most **PORTABLE** drive you've ever made.

**'94 Cougar XR-7**  
250A Pkg. MSRP \$17,745  
**\$15,595\* \$315.46** month

**'94 Grand Marquis GS**  
157A Pkg. MSRP \$19,990  
**\$18,590\* \$376.04** month

**'94 Mercury Tracer**  
1 Dr. Auto, Air MSRP \$12,240  
**\$10,895\* \$220.39** month

**'94 Sable GS**  
451A Pkg. MSRP \$19,965  
**\$16,595\* \$335.69** month

**New '93 Villager**  
692A Pkg. MSRP \$19,879  
**\$17,492\* \$353.83** month

**'94 Topaz GS**  
2 Dr. Automatic, 345A Pkg. MSRP \$11,340  
**\$10,095\* \$204.20** month

**PIASA LINCOLN MERCURY**  
2350 HOMER AVE. ALTON, IL  
ALTON, IL 618-465-7200  
LINCOLN MO. 314-741-6665

LOW OVERHEAD PLUS LOW VOLUME EQUALS SAVINGS

Try the Classifieds!

## USED CARS

**92 CAMRY DX 4 DR**  
Auto, Air, Low Miles. **\$12,790**  
Only

**90 PONTIAC GRAND AM**  
4 DR LE, Auto, Air & More, 44xxx Miles. **\$6,990**

**87 NISSAN 300 ZX** CALL **\$7,990**  
Auto, Air, Power, 47xxx Miles. TODAY

**91 TOYOTA CELICA GT**  
Auto, Air, All Power, Sunroof, Low Miles. **CALL TODAY!**

**93 FORD TEMPO GL** **\$8,490**  
2 Dr, 5 Spd, Air, 44xxx Miles, 54,000 Miles

**1992 MITSUBISHI GALANT** **\$8,490**  
4 Dr, 47xxx Miles, 5 Spd, Air, AM-FM Cassette, Only

**91 TOYOTA COROLLA DX 4 DR** **\$8,990**  
Auto, Air, AM-FM, Low Miles, Balance Of Factory Warranty, Starting At

**91 TOYOTA MR2** **MUST SEE!**  
Turbo, T-Top, 5 Speed, Air, CD, Leather, 19xxx Miles.

**1991 TOYOTA 4X4 PICKUPS** **CALL TODAY**  
2 Dr, Choose

**93 TOYOTA TERCEL DX'S** **\$9,990**  
Auto, Air, AM-FM, Low Miles, Balance Of Factory Warranty, Starting At

**93 TOYOTA COROLLA DX** **\$10,890**  
Auto, Air, Low Miles, Balance Of Factory Warranty, Starting At

**JACK KING TOYOTA**  
11771 TESSON FERRY RD. BETWEEN LINDBERGH & 270  
**849-3700**

**BARGAIN HUNTING? Try the Classifieds!**

## Drive Your Tax Refund Home!

You can be driving a **J.D. BYRIDER** used car today!

**FAST** **ELECTRONIC TAX FILING SERVICE**

**Large Selection of Quality Cars**

**WE FINANCE!**

**Establish or Re-establish Good Credit**

**Get a Tax Refund Loan**

**Bring Your W-2 and Tax Form**

**CALL NOW!**

**J.D. BYRIDER**  
236-7231  
1120 S. ILLINOIS, BELLEVILLE

Dependable Cars • Affordable Terms • SATISFIED CUSTOMERS

**ATTENTION USED CAR BUYERS**

**LOW MILEAGE SPECIALS**

**92 CHEVY CAMARO**  
2 Dr, Maroon, 8 Cyl, Automatic, 14,xxx Stk. #3008

**92 CHEVY CAVALIER**  
2 Dr, White, 4 Cyl, Automatic, 20,xxx Stk. #3624

**92 OLDS CIERA**  
4 Dr, Grey, 4 Cyl, Automatic, 27,xxx Stk. #3008

**91 CHEVY C1500**  
4 Dr, White, 4 Cyl, Automatic, 27,xxx Stk. #3008

**90 HONDA CIVIC**  
4 Dr, White, 4 Cyl, Automatic, 27,xxx Stk. #3008

**90 FORD ESCORT**  
4 Dr, White, 4 Cyl, Automatic, 27,xxx Stk. #3008

**90 NISSAN 300ZX**  
2 Dr, White, 4 Cyl, Automatic, 27,xxx Stk. #3008

**90 CHEVY CAVALIER**  
4 Dr, White, 4 Cyl, Automatic, 27,xxx Stk. #3008

**90 CHEVY COROLLA**  
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**91 CHEVY C1500**  
4 Dr, White, 4 Cyl, Automatic, 27,xxx Stk. #3008

**90 HONDA CIVIC**  
4 Dr, White, 4 Cyl, Automatic, 27,xxx Stk. #3008

**90 FORD ESCORT**  
4 Dr, White, 4 Cyl, Automatic, 27,xxx Stk. #3008

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**90 CHEVY CAVALIER**  
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